

LIFESTYLE CHECKPOINT

HOW DOES IT WORK

- ▶ **LIFESTYLE CHECKPOINT IS A COMPACT MACHINE THAT FITS EASILY IN ANY OFFICE, RESTROOM OR RECEPTION.**
- ▶ **IT'S SIMPLE TO USE**
Employees can use it on their own in their spare time at work. They simply stand on the platform and start each test.
- ▶ **RESULTS BY PRINT OR WEB**
Lifestyle Checkpoint prints out results. If they wish, employees can also keep track of results, over time, on our website, via a PC or smartphone.

This is a great way for them to set goals, monitor progress and motivate themselves towards a healthier lifestyle.



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BODY MASS INDEX



BMI is a measure of weight, measured against height. It can help determine whether someone is underweight, ideal weight or overweight. Both low and high BMI are dangerous for an individual's health, and keeping to a healthy weight is important in reducing the risk of many diseases

BODY TEMPERATURE



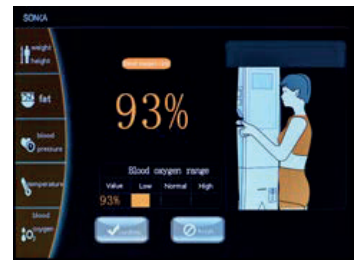
A normal body temperature is said to be 36.3°C – 37.6°C, though this can vary depending on factors such as activity and external heat. It is important, therefore, to take numerous measurements to gain an accurate idea of your body temperature.

BODY FAT



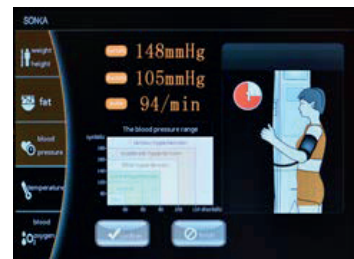
Body fat exists in two forms, 'subcutaneous' and 'visceral'. Subcutaneous fat is the fat which is outwardly visible and is less concerning to health. Visceral fat however is fat, which surrounds organs. Although some visceral fat is essential excess visceral fat is dangerous. As visceral fat is not visible it can only be measured using equipment such as the Lifestyle Checkpoint.

BODILY OXYGEN SATURATION



Oxygen saturation confers the amount of oxygen being carried by the blood and maintaining a healthy blood oxygen saturation is vital to keeping a healthy lifestyle.

BLOOD PRESSURE



Blood pressure is the pressure of blood flowing around the body in the arteries. High blood pressure (hypertension) can predispose to heart attacks and strokes, as well as many other diseases.



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BENEFITS

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Gender: Male Age 33

Height 171.6cm
BMI 24.4 (Normal 18.5-25)
Ideal weight 67.7kg

Body temperature 36.4
(Ideal 36.5-37.5)
Blood Pressure
Systolic 118mmHg
Diastolic 70mmHg
Ideal Blood Pressure 20 / 80
Pulse 87 times/min

Body fat 22.3%
(Normal 8.0-19.9%)
Visceral fat 7
(Ideal 1-9)
Body water 56.9%
(Normal 54-67%)
Muscle 52.9kg
Bone mass 2.9kg
Basal metabolism 1548kcal
(Ideal 1714kcal)

Blood Oxygen: 97%
(Ideal Blood Oxygen 92-99)

BMI gives you an idea of amount of tissue mass (muscle, fat, and bone) this figure gives you an idea if you are underweight, normal weight, overweight, or obese based on that value.

Your normal **BODY TEMPERATURE** is often stated as 36.5 - 37.5°C

BLOOD PRESSURE BP is the pressure exerted by your circulating blood upon the walls of blood vessels. During each heartbeat your BP varies between a minimum (diastolic) and maximum (systolic) pressure, it is measured at your upper arm.

PULSE rate is the number of times your heart beats every minute.

BODY FAT % is the amount of fat as a proportion of your body weight.

VISCERAL FAT is harmful fat around your body organs, high visceral fat could cause heart disease, and type 2 diabetes.

BODY WATER PERCENTAGE is an important measure of your good health. Although your age, gender and body composition all effect your body water percentage, you should aim for a body water percentage over 50 percent.

MUSCLE WEIGHT play an important role as they act as your body's engine in consuming energy (calories). As you exercise more, your muscle mass increases, which in turn accelerates the rate of energy or calories consumed. Increasing Muscle Mass will raise your metabolic rate, helping you to reduce excess body fat levels and lose weight the healthy way.

BONE MASS is an important measurement, low bone mass may develop into osteoporosis, everyone with a low bone mass is at a higher risk for the diseases and the resulting fractures. You can take steps to slow down your bone loss and prevent osteoporosis in your future.

BASAL METABOLISM rate is the number of calories required to keep your body functioning at rest, also known as your metabolism.

BLOOD OXYGEN LEVEL is an important tool used to determine how effectively you are taking oxygen into your body. If you're in good health, normal blood oxygen levels almost always fall within a very predictable range.

**IF YOU WOULD LIKE TO GIVE ALL YOUR EMPLOYEES,
 UNLIMITED ACCESS TO A LIFESTYLE CHECKPOINT MACHINE
 AT YOUR PREMISES, ASK US ABOUT OUR AFFORDABLE,
 FLEXIBLE PRICING MODELS.**



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