EVOLVE

WARRIOR FOR LIFE

HEALTH, FITNESS AND LONGEVITY SCREENING

The Warrior for Life programme specialises in the art and science of longevity.

Every Warrior for Life client embarks on a deeply personalised journey, guided by in-depth testing and the wisdom of experience, ensuring that your path to longevity is as unique as you are.

In the spirit of Evolve Fitness, where training transcends the traditional, Warrior for Life integrates movement and wellness into the DNA of your everyday life. It's about transforming the concept of fitness from an intense, time-bound endeavor to a lifelong quest for balance, strength, and cardiovascular health. We understand that your body is designed to move with strength and purpose, and our program is tailored to keep you thriving, not just surviving.

At Warrior for Life, clarity and insight are paramount. Each assessment is a stepping stone to greater understanding, offering real-time feedback and actionable insights. We empower you with the knowledge to make informed decisions about your health, ensuring you are equipped to navigate the journey ahead. Following your assessment, a detailed, personalised report will be securely accessible, chronicling your progress and providing a clear roadmap for your ongoing quest for vitality.

Embrace the Warrior for Life ethos and embark on your journey to ageless health. With our bespoke longevity programmes, you'll experience the pinnacle of proactive health management blended with the goal to look as great as you feel.

Join us at Evolve Fitness, and together, let's forge a path to a vibrant and powerful life, proving that every day is an opportunity to evolve into our best selves. This is the first step to living the rest of your life in a body that you are proud of that is capable of anything.

Tim Walker
CEO Evolve Fitness

Welcome to the Warrior for Life Programme's Health and Performance Assessment Suite. Our carefully curated battery of tests is designed with a singular goal in mind: to arm you with the comprehensive insights needed to master your health and well-being. Each test has been chosen not only for its ability to provide crucial data points but also for its role in painting a holistic picture of your current health status and potential longevity.

Through the Warrior for Life Programme, these assessments combine to offer a unique insight into your health, guiding personalised strategies to improve both your life span and health span. With this data, we can tailor interventions that not only extend life but enhance its quality, ensuring you can enjoy a vibrant, active future. Let's embark on this journey to empower your health, armed with knowledge and led by science.

BLOOD PRESSURE

A blood pressure test is a simple, non-invasive procedure that measures the force of your blood pushing against the walls of your arteries. This essential health metric provides critical insight into the health of your heart and circulatory system, serving as a key indicator of your risk for heart disease and stroke.

During the test, a blood pressure cuff is wrapped around your arm and inflated, momentarily restricting blood flow. As the cuff deflates, the machine measures two key pressures: systolic (the pressure when your heart beats) and diastolic (the pressure when your heart rests between beats).

Normal	Systolic less than 120 mmHg and Diastolic less than 80 mmHg
Elevated	Systolic 120-129 mmHg and Diastolic less than 80 mmHg
Hypertension Stage 1	Systolic 130-139 mmHg or Diastolic 80-89 mmHg
Hypertension Stage 2	Systolic 140 mmHg or higher or Diastolic 90 mmHg or higher
Hypertensive Crisis	Systolic higher than 180 mmHg and/or Diastolic higher than 120 mmHg

Understanding your blood pressure levels is crucial for maintaining heart health and preventing complications. This test, often part of a routine checkup, allows for early detection and management of high or low blood pressure, guiding lifestyle adjustments or medical interventions if necessary.

Within the programme we provide detailed insights into maintaining optimal blood pressure for a healthier, more vibrant life.

ELECTROCARDIOGRAM (ECG OR EKG)

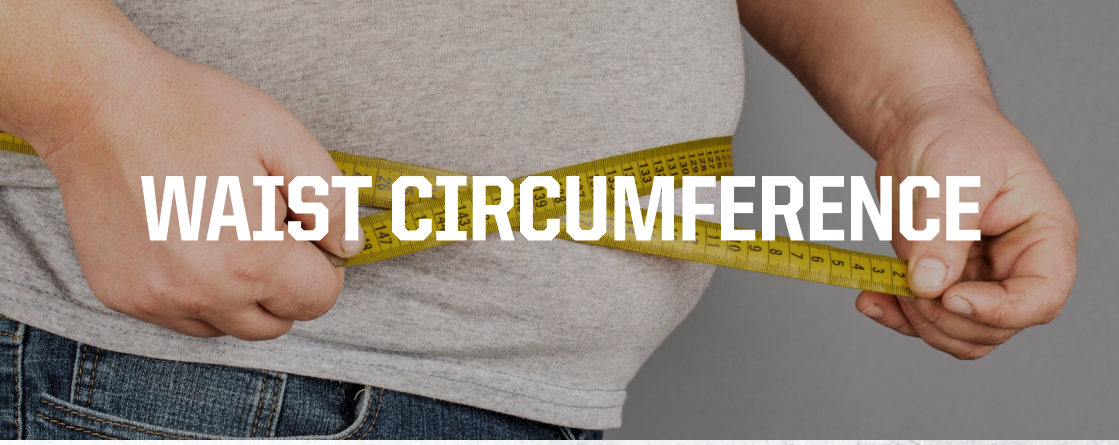
An Electrocardiogram (ECG or EKG) scan is a swift and straightforward test that records the electrical activity of the heart. This diagnostic tool is pivotal in detecting and monitoring various heart conditions, from arrhythmias and coronary heart disease to myocardial infarction and beyond.

During the test, the client will hold onto metal electrodes on the front and back of the machine to capture the electrical signals that trigger your heartbeats. The test is painless and takes less than a minute, but it offers a wealth of information about the heart's function.

- **Heart Rate:** The number of heartbeats per minute. A normal resting heart rate ranges from 60 to 100 beats per minute.
- **Heart Rhythm:** Indicating whether the heart beats in a regular pattern.
- **Heart Axis:** The direction of the electrical impulses through the heart, providing insights into heart health.
- **Signs of Previous Heart Attacks:** Areas of the heart with reduced electrical activity.
- **Ongoing Heart Conditions:** Such as ischemia or hypertrophy.

ECG scans are indispensable for assessing the heart's health, helping to detect abnormalities that might require further investigation or management. This non-invasive test is a cornerstone of cardiovascular health assessments, guiding medical professionals in diagnosing and monitoring heart conditions effectively.

Understanding your heart's electrical activity through an ECG scan can play a crucial role in maintaining cardiovascular health and preventing potential heart issues.



WAIST CIRCUMFERENCE

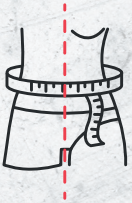
Measuring waist circumference is a simple yet powerful way to assess an individual's risk for developing obesity-related conditions, such as heart disease, hypertension, and type 2 diabetes. This measurement is taken around the abdomen at the level of the umbilicus (belly button), providing a clear picture of fat distribution and potential health risks associated with abdominal obesity.

How It's Done:

The measurement is conducted using a flexible tape measure. The individual should stand upright, with feet close together, arms at the side and abdomen relaxed. The tape measure is wrapped around the waist, in a horizontal plane midway between the lowest rib and the top of the hip bone. It's important that the tape measure is snug but does not compress the skin, and is parallel to the floor. The measurement is taken at the end of a normal exhalation to ensure accuracy.

Normative Data for Waist Circumference:

For Men: A waist circumference of over **40 inches (102 cm)** is considered high and indicative of increased health risks.



For Women: A waist circumference of over **35 inches (88 cm)** is viewed similarly.

Waist circumference is used alongside Body Mass Index (BMI) to provide a more complete assessment of health risk related to body composition. Unlike BMI, which measures overall body fat, waist circumference focuses specifically on the amount of abdominal fat, offering unique insights into health risks.

Understanding your waist circumference helps in making informed decisions about lifestyle modifications that can reduce health risks. This measurement is a key part of our comprehensive health assessment, guiding you towards a healthier body composition and improved overall wellness.

INBODY 570 COMPOSITION SCAN

The InBody570 Body Composition Test is an advanced tool designed to give you a comprehensive understanding of your body's composition, including muscle, fat, water, and bone density. This sophisticated device uses bioelectrical impedance analysis (BIA) to provide precise measurements, offering deeper insights into your overall health and fitness.

How the Test Works:

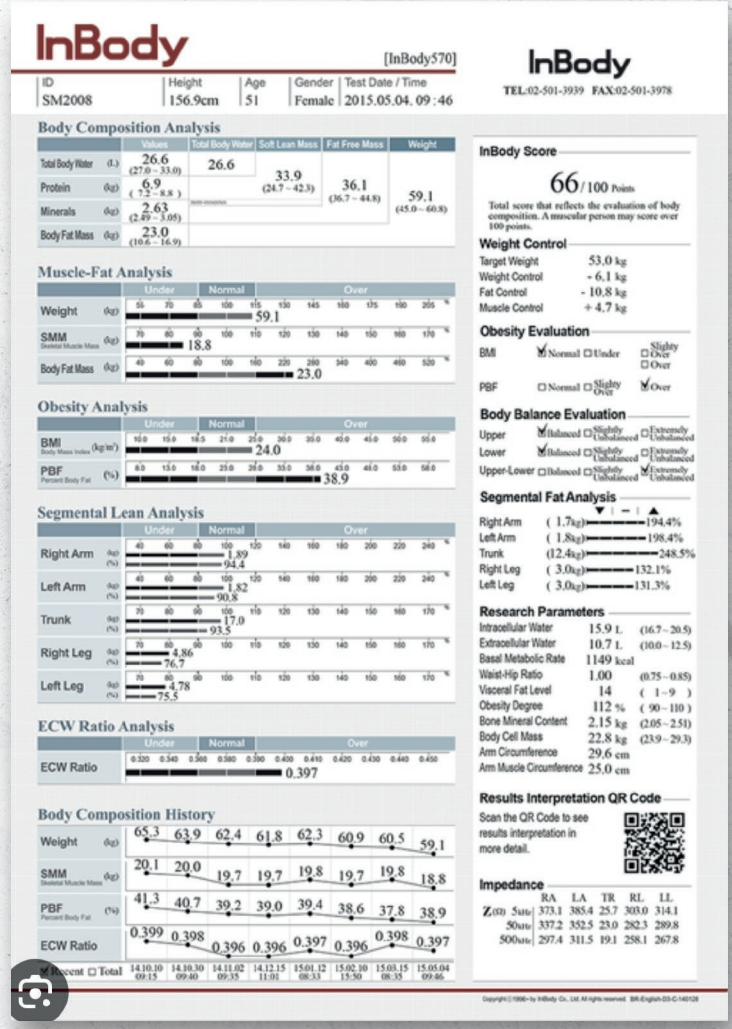
During the test, you'll stand on the device and hold onto its hand electrodes, allowing a low-level electrical current to pass through your body. This method distinguishes between various types of tissues in the body based on their resistance or impedance to the electrical current, allowing for detailed analysis without any discomfort or invasive procedures.

Key Metrics Measured by the InBody570:

- **Bone Density:** A crucial indicator of bone health and risk for conditions like osteoporosis, showing the density of bone mineral content.
- **Skeletal Muscle Mass:** Provides information on the amount of muscle attached to the bones, vital for assessing physical strength and conditioning.
- **Body Fat Percentage:** This figure reveals the proportion of your body weight that is made up of fat, an essential health and fitness indicator.
- **Total Body Water (TBW) and Extracellular Water (ECW) Readings:** TBW gives insights into your hydration status, while ECW readings help assess water distribution, indicating cell and tissue health.
- **Segmental Muscle and Fat Analysis:** Breaks down muscle and fat distribution across different body segments (arms, legs, trunk), helping identify imbalances and target areas for improvement.
- **Overall Score:** A comprehensive assessment that combines all data points

The InBody570's detailed report not only helps in tailoring fitness and nutrition plans but also in tracking progress over time. Whether your goal is to lose fat, gain muscle, improve bone health, or balance body composition, the InBody570 provides the data you need to make informed decisions and achieve your health objectives.

By integrating the InBody570 Body Composition Test into our evaluations, we're committed to offering you a holistic view of your wellness journey. Armed with this knowledge, you're better equipped to optimise your health regimen for lasting improvements in physical well-being.



GRIP DYNAMOMETER TEST

The Grip Strength Dynamometer Test is a straightforward yet powerful diagnostic tool used to measure the maximum isometric strength of the hand and forearm muscles. This test is not only an indicator of overall muscular strength but also serves as a reliable marker for identifying potential health risks and recovery progress from certain conditions.

How the Test Works:

Participants are asked to squeeze a dynamometer, a device that measures force in kilograms or pounds, with maximum effort using one hand at a time. The test is typically performed twice for each hand, and the highest reading is noted. The process is quick, non-invasive, and requires no special preparation, making it an efficient method for assessing muscular strength.

Key Insights from the Grip Strength Test:

- **Muscular Strength:** Offers a snapshot of hand and forearm strength, which is crucial for daily activities and overall physical health.
- **Rehabilitation Tracking:** For individuals recovering from injuries, this test can monitor improvements in grip strength, providing insights into their rehabilitation progress.
- **Predictive Health Marker:** Studies have linked grip strength to cardiovascular health, with stronger grip strength associated with lower risks of heart attacks and strokes. It can also predict functional capabilities and longevity.

Normative Data

While normative data for grip strength can vary based on age, sex, and which hand is being tested, the test provides valuable comparative insights to gauge an individual's strength level against established norms.

Table: Norms for Gnp Strength in Kilogram (kgs)

Age	Men			Women		
	Weak	Normal	Strong	Weak	Normal	Strong
18-19	<35.7	35.7-55.5	>55.5	<19.2	19.2-31.0	>31.0
20-24	<36.8	36.8-56.6	>56.6	<21.5	21.5-35.3	>35.3
25-29	<37.7	37.7-57.5	>57.5	<25.6	25.6-41.4	>41.4
30-34	<36.0	36.0-55.8	>55.8	<21.5	21.5-35.3	>35.3
35-39	<35.8	35.8-55.6	>55.6	<20.3	20.3-34 1	>34 1
40-44	<35.5	35.5-55.3	>55.3	<18.9	18.9-32.7	>32 7
45-49	<34.7	34.7-54.5	>54.5	<18.6	18.6-32.4	>32.4
50-54	<32.9	32.9-50.7	>50.7	<18.1	18.1-31.9	>31.9
55-59	<30.7	30.7-48 5	>48.5	<17 7	7.7-31.5	>31.5
60-64	<30.2	30.2-48.0	>48.0	<17.2	17.2-31.0	>31.0
65-69	<28.2	28.2-44.0	>44.0	<15.4	15.4-27.2	>27.2
70-99	<21.3	21.3-35.1	>35.1	<14.7	14.7-24.5	>24.5

By incorporating the Grip Strength Dynamometer Test into our health assessments, we offer a comprehensive overview of your physical condition. This simple measurement, when combined with other health indicators, can significantly impact personalised fitness and wellness strategies, guiding interventions that enhance your quality of life and long-term health outcomes.

BACK STRENGTH DYNAMOMETER TEST

The Back Strength Dynamometer Test is a critical assessment tool designed to measure the maximum isometric strength of the back muscles. This test provides valuable insights into an individual's ability to perform tasks involving lifting, pulling, and carrying, which are fundamental to daily activities and overall physical fitness.

How the Test Works:

Participants engage with a back dynamometer, which is specifically designed to assess the strength of the back muscles. During the test, you will stand with your feet shoulder-width apart and knees slightly bent, pulling on the dynamometer's handle with both hands in a controlled manner. The effort is isometric, meaning the muscles exert force without actual movement of the joints. The test is usually performed in several trials, with the highest recorded force being taken as the measure of back strength. This process is simple, non-invasive, and quick, making it an efficient method to gauge back muscle strength.

Key Insights from the Back Strength Test:

- **Muscular Strength:** Offers a direct measure of the strength in the back muscles, vital for posture, stability, and daily function.
- **Injury Risk Assessment:** Identifying lower levels of back strength can highlight an increased risk of back injuries and guide preventive strategies.
- **Rehabilitation Progress:** For individuals recovering from back injuries or surgeries, this test can track strength improvements and recovery milestones.
- **Functional Ability:** Strong back muscles are crucial for various physical activities. This test can help tailor fitness programs to improve functional capabilities.

Normative Data:

Normative data for back strength can vary widely depending on factors such as age, gender, and physical condition. However, having a benchmark based on such normative data helps in understanding where an individual stands in terms of muscular health and what goals to set for improvement.

For Men:

- **Average Back Strength:** Ranges can vary widely, but average back strength for adult men is often reported between 100 to 140 kilograms of force.
- **Above Average:** Scores exceeding 140 kilograms of force could be considered above average and indicative of higher muscular strength and endurance.

For Women:

- **Average Back Strength:** For adult women, average back strength typically falls between 50 to 80 kilograms of force.
- **Above Average:** Results surpassing 80 kilograms of force may be regarded as above average, reflecting stronger back muscles.

By incorporating the Back Strength Dynamometer Test into our comprehensive health and fitness assessments, we provide a deeper understanding of your physical capabilities and potential areas for improvement. This information is invaluable for designing personalised training programs that not only aim to enhance physical appearance but also boost functional strength, reduce injury risk, and improve overall quality of life.

SIT & REACH TEST

The Sit and Reach Test is a widely recognised fitness assessment used to evaluate the flexibility of the lower back and hamstring muscles. This simple yet effective test measures the flexibility of these key muscle groups, which is vital for a range of physical activities and for minimising the risk of injuries.

How the Test Works:

To perform the test, you will sit on the floor with your legs straight ahead and your feet flat against the base of a sit and reach box or a similar measuring apparatus. Without bending your knees, you lean forward slowly, reaching as far as possible with your hands. The distance reached is measured, usually in centimeters or inches, from the tip of your fingertips towards or beyond your toes. The test is typically performed multiple times, with the best score being recorded.

Key Insights from the Sit and Reach Test:

- **Lower Back and Hamstring Flexibility:** This test directly assesses the flexibility in areas crucial for daily movements, such as bending and lifting.
- **Injury Prevention:** Improved flexibility in the lower back and hamstrings is associated with a lower risk of muscle strains and other related injuries.
- **Performance Indicator:** Flexibility is a key component of physical fitness, affecting performance in various sports and physical activities.
- **Age and Activity Level Insights:** Flexibility can decrease with age, but regular stretching and physical activity can help maintain or improve it.

Normative Data

While flexibility can vary widely among individuals, the Sit and Reach Test offers benchmarks to assess whether a person's flexibility level is below average, average, or above average for their age and sex. For instance, reaching beyond the toes is generally considered above average, while not reaching the toes may indicate below-average flexibility.

Age (years)	Poor	Moderate	Good	Excellent
Male 6-10	9.5 cm	22.8 cm	29.4 cm	36 cm
Female 6-10	19.3 cm	28.9 cm	35.1 cm	41.7 cm
Male 11-15	8.8 cm	21.7 cm	29.5 cm	36.4 cm
Female 11-15	18.9 cm	28.9 cm	35.3 cm	42 cm
Male 16-24	8.8 cm	21.6 cm	30.3 cm	37.1 cm
Female 16-24	18.6 cm	28.8 cm	35.7 cm	42.4 cm
Male 25-40	8.8 cm	21.3 cm	29.9 cm	36.6 cm
Female 25-40	17.5 cm	28.3 cm	36.4 cm	43 cm
Male 40+	8.4 cm	20.6 cm	28.6 cm	35.2 cm
Female 40+	15.3 cm	26.1 cm	32 cm	40.9 cm

Incorporating the Sit and Reach Test into our fitness assessments provides valuable information for developing personalised training programs. Enhancing flexibility not only aids in improving overall physical performance but also plays a crucial role in day-to-day comfort and injury prevention. Whether you're an athlete looking to optimise performance or someone seeking to maintain health and mobility, the insights gained from this test can guide targeted interventions to achieve your goals.

PNOĒ RESTING METABOLISM TEST

The PNOĒ Resting Metabolism Test is a sophisticated assessment designed to measure your resting metabolic rate (RMR), offering a window into how your body converts food into energy at rest. Understanding your RMR is beneficial for tailoring diet and exercise plans to your body's specific needs, whether the goal is weight management, athletic performance, or overall health optimisation.

How the Test Works:

During the test, you will breathe into the PNOĒ metabolic analyser, a cutting-edge device that measures the composition of oxygen and carbon dioxide in your exhaled breath. This analysis occurs under resting conditions, typically involving a period of sitting or lying down in a relaxed state. The process is non-invasive and takes about 10 minutes. It requires fasting for at least 4 hours beforehand to ensure accuracy by measuring the body's metabolic rate in a truly rested state.

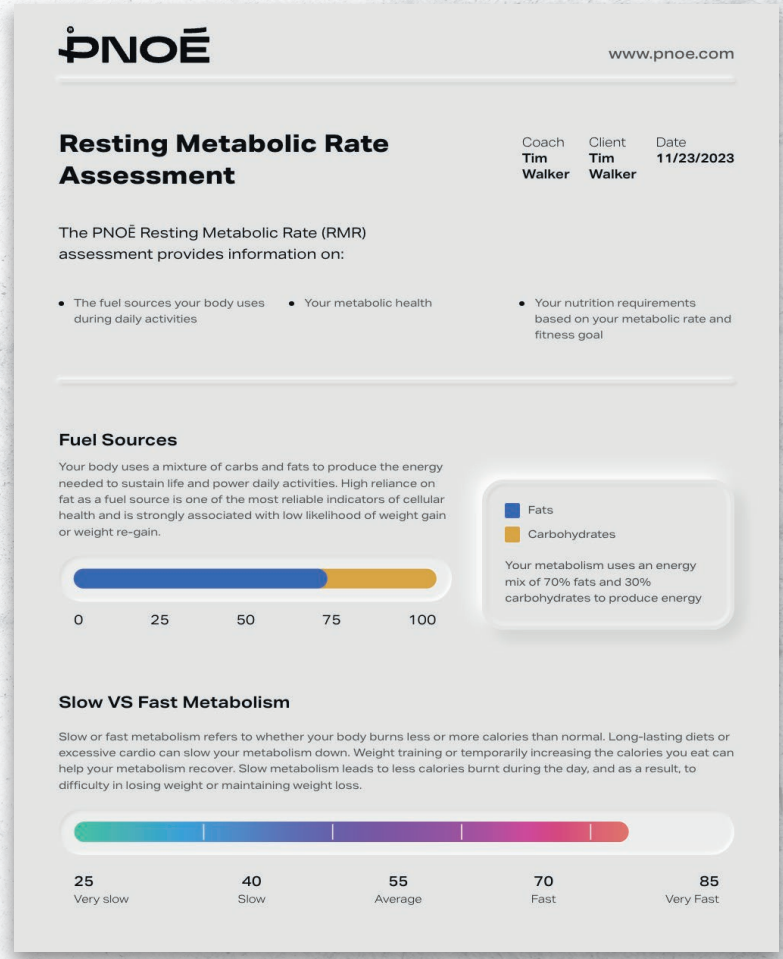
Key Insights from the PNOĒ Resting Metabolism Test:

- **Metabolic Efficiency:** The test reveals how efficiently your body uses energy, shedding light on your metabolic health.
- **Caloric Needs:** By determining your RMR, the test provides precise data on the number of calories your body requires to function optimally while at rest. This information is instrumental in creating personalised nutrition plans.
- **Weight Management:** Understanding your RMR can guide strategies for weight loss, gain, or maintenance by aligning caloric intake and expenditure with your metabolic rate.
- **Fuel Utilisation:** The test can also indicate the proportion of fats and carbohydrates your body uses for energy, informing dietary and training adjustments for improved health and performance.

Normative Data

While RMR can vary based on factors such as age, sex, weight, and muscle mass, the PNOĒ Resting Metabolism Test provides you with a precise measurement that is uniquely yours. This personalised insight allows for more effective and targeted lifestyle interventions.

Incorporating the PNOĒ Resting Metabolism Test into our comprehensive health assessments empowers you with critical information about your body's energy needs. This knowledge is invaluable for anyone looking to optimise their health, improve physical performance, or achieve specific fitness goals through scientifically-backed, personalised diet and exercise strategies.



PNOĒ ACTIVE METABOLISM TEST

The PNOĒ Active Metabolism Test is an advanced assessment that evaluates how your body consumes oxygen and burns calories during exercise. Unlike the resting metabolism test, which measures metabolic rate at rest, the active metabolism test provides insights into your body's efficiency and performance under physical stress. This test is instrumental for athletes and fitness enthusiasts looking to optimise their training, improve endurance, and tailor their nutrition for peak performance.

How the Test Works:

During the PNOĒ Active Metabolism Test, you'll engage in a structured exercise protocol, typically on a treadmill, rower or stationary bike, while wearing the PNOĒ metabolic analyser mask. This mask captures your breath, analysing the exchange of oxygen and carbon dioxide as your exercise intensity progressively increases. The test identifies key metabolic thresholds, including your aerobic (AeT) and anaerobic thresholds (AnT), providing a comprehensive overview of how your body responds to different levels of exercise intensity.

Key Insights from the PNOĒ Active Metabolism Test:

- **Aerobic and Anaerobic Thresholds:** Determine the exercise intensity levels at which your body switches from aerobic to anaerobic energy production, crucial for endurance training and performance optimisation.
- **Energy Expenditure:** Offers detailed information on calorie burn rates at various intensities, guiding nutritional strategies to support training and recovery.
- **Fuel Utilisation:** Understands how your body uses fats and carbohydrates as fuel during exercise, allowing for dietary adjustments to enhance energy efficiency and endurance.
- **Personalised Training Zones:** Establishes heart rate zones tailored to your metabolic profile, enabling precise control over training intensity for maximal efficiency and results.

Applying Test Insights:

The insights gained from the PNOĒ Active Metabolism Test are invaluable for anyone serious about maximising their physical potential. Whether your goals involve improving endurance, increasing strength, losing weight, or enhancing overall fitness, the detailed data from this test can refine your training and nutrition plans, ensuring they're perfectly aligned with your body's needs.

By integrating the PNOĒ Active Metabolism Test into our suite of health and performance assessments, we empower you with the knowledge to train smarter, recover faster, and achieve your fitness goals more effectively. This personalised approach to fitness and nutrition, backed by cutting-edge science, is what sets our clients on the path to lasting success and optimal health.

VO2 MAX TEST

The VO2 Max Test is a comprehensive evaluation that measures the maximum volume of oxygen your body can use during intense, incremental exercise. This test is considered the gold standard for assessing an individual's aerobic capacity and endurance levels. Whether you're an athlete aiming to improve performance or an individual focused on enhancing your cardiovascular health, understanding your VO2 max provides critical insights into your fitness and overall health.

How the Test Works:

During the VO2 Max Test, you'll perform exercise that gradually increases in intensity, typically using a treadmill or stationary bike, while wearing a mask connected to the PNOĒ metabolic analysis system. This mask measures the volume and gas concentrations of inhaled and exhaled air, allowing precise calculation of your VO2 max. The test continues until you can no longer maintain the set intensity, ensuring that your maximum aerobic capacity is accurately measured.

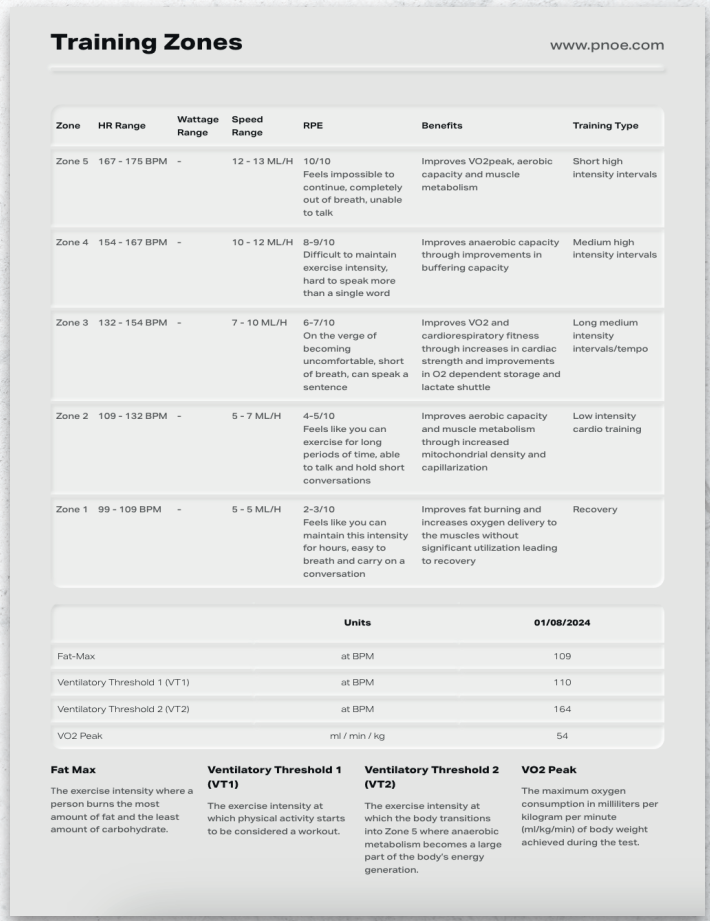
Key Insights from the VO2 Max Test:

- **Aerobic Capacity:** VO2 max is the definitive measure of cardiovascular fitness and aerobic endurance, indicating how well your body can supply and utilise oxygen during exercise.
- **Training Efficiency:** Understanding your VO2 max helps tailor your training programs to improve efficiency, stamina, and performance.
- **Health and Longevity:** Higher VO2 max levels are associated with reduced risks of chronic diseases, including heart disease, and can be a predictor of longevity. One of the most shocking statistics is that every 1ml/kg increase is equal to adding 45 days onto your life span.
- **Performance Benchmarks:** For competitive athletes, VO2 max provides benchmarks for assessing progress and setting performance goals.

Applying Test Insights:

The data derived from your VO2 Max Test is instrumental in designing personalised training plans. It allows for adjustments in intensity, duration, and types of exercise to specifically enhance your aerobic capacity. For non-athletes, the test offers motivation and guidance to improve cardiovascular health through targeted, scientifically-backed exercise strategies.

By including the VO2 Max Test in our array of fitness assessments, we equip you with vital information to optimise your training outcomes and health trajectory. Whether your goal is to set a new personal record, improve your health, or simply gain a deeper understanding of your fitness level, the VO2 Max Test is a powerful tool in your health and fitness arsenal, guiding you towards achieving your utmost potential.



Training Zones

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Zone	HR Range	Wattage Range	Speed Range	RPE	Benefits	Training Type
Zone 5	167 - 175 BPM	-	12 - 13 ML/H	10/10 Feels impossible to continue, completely out of breath, unable to talk	Improves VO2peak, aerobic capacity and muscle metabolism	Short high intensity intervals
Zone 4	154 - 167 BPM	-	10 - 12 ML/H	8-9/10 Difficult to maintain exercise intensity, hard to speak more than a single word	Improves anaerobic capacity through improvements in buffering capacity	Medium high intensity intervals
Zone 3	132 - 154 BPM	-	7 - 10 ML/H	6-7/10 On the verge of becoming uncomfortable, short of breath, can speak a sentence	Improves VO2 and cardiorespiratory fitness through increases in cardiac strength and improvements in O2 dependent storage and lactate shuttle	Long medium intensity intervals/tempo
Zone 2	109 - 132 BPM	-	5 - 7 ML/H	4-5/10 Feels like you can exercise for long periods of time, able to talk and hold short conversations	Improves aerobic capacity and muscle metabolism through increased mitochondrial density and capillarization	Low intensity cardio training
Zone 1	99 - 109 BPM	-	5 - 5 ML/H	2-3/10 Feels like you can maintain this intensity for hours, easy to breath and carry on a conversation	Improves fat burning and increases oxygen delivery to the muscles without significant utilization leading to recovery	Recovery

	Units	01/08/2024
Fat-Max	at BPM	109
Ventilatory Threshold 1 (VT1)	at BPM	110
Ventilatory Threshold 2 (VT2)	at BPM	164
VO2 Peak	ml / min / kg	54

Fat Max

The exercise intensity where a person burns the most amount of fat and the least amount of carbohydrate.

Ventilatory Threshold 1 (VT1)

The exercise intensity at which physical activity starts to be considered a workout.

Ventilatory Threshold 2 (VT2)

The exercise intensity at which the body transitions into Zone 5 where anaerobic metabolism becomes a large part of the body's energy generation.

VO2 Peak

The maximum oxygen consumption in milliliters per kilogram per minute (ml/kg/min) of body weight achieved during the test.

HAZARD RATIO QUESTIONNAIRE

At the core of our mission to foster lasting health and vitality lies the Hazard Ratio Questionnaire, a meticulously crafted tool designed to illuminate the nuances of your current health status. This innovative questionnaire delves into the intricacies of your nutrition, exercise habits, and lifestyle choices, culminating in a comprehensive score that paints a vivid picture of your overall well-being.

What is the Hazard Ratio Questionnaire?

The Hazard Ratio Questionnaire is an advanced assessment tool that compiles critical data from various aspects of your daily life. Through a series of targeted questions, we gather insights into your dietary habits, physical activity levels, and lifestyle choices. We then use the data gathered in the previous nine tests plus any blood work to further update the questionnaire.

This holistic approach enables us to calculate a score that reflects your health status, offering a clear indication of areas where there's room for improvement.

Why It Matters:

Understanding your hazard ratio is pivotal in navigating the journey toward optimal health. This score not only highlights potential health risks but also pinpoints areas where minor adjustments can lead to significant enhancements in your quality of life. Whether it's tweaking your diet, modifying your exercise routine, or addressing lifestyle factors, the insights gained from your hazard ratio can be transformative.

How It Can Make an Impact:

Once we've established a baseline with your hazard ratio, we embark on a journey together to cultivate a healthier way of living. Our team of experts will provide personalised recommendations based on your questionnaire results, guiding you through evidence-based strategies to improve your score—and by extension, your health. By making informed adjustments to your nutrition, exercise, and lifestyle habits, we aim to positively impact your well-being, setting the stage for a healthier, more vibrant life.

Your Role in This Journey:

Embarking on this journey requires your commitment to embracing change and adopting healthier habits. By accurately completing the Hazard Ratio Questionnaire and actively participating in the recommended interventions, you play a crucial role in reshaping your health trajectory. Together, we'll track your progress, celebrate your successes, and navigate challenges, all while keeping your long-term health and vitality in focus.

We're excited to offer you this opportunity to gain deep insights into your health and to support you in making impactful changes. Remember, achieving optimal health is a journey, not a destination, and it starts with understanding where you stand today. Let's embark on this journey together, with the Hazard Ratio Questionnaire as our roadmap to a healthier you.