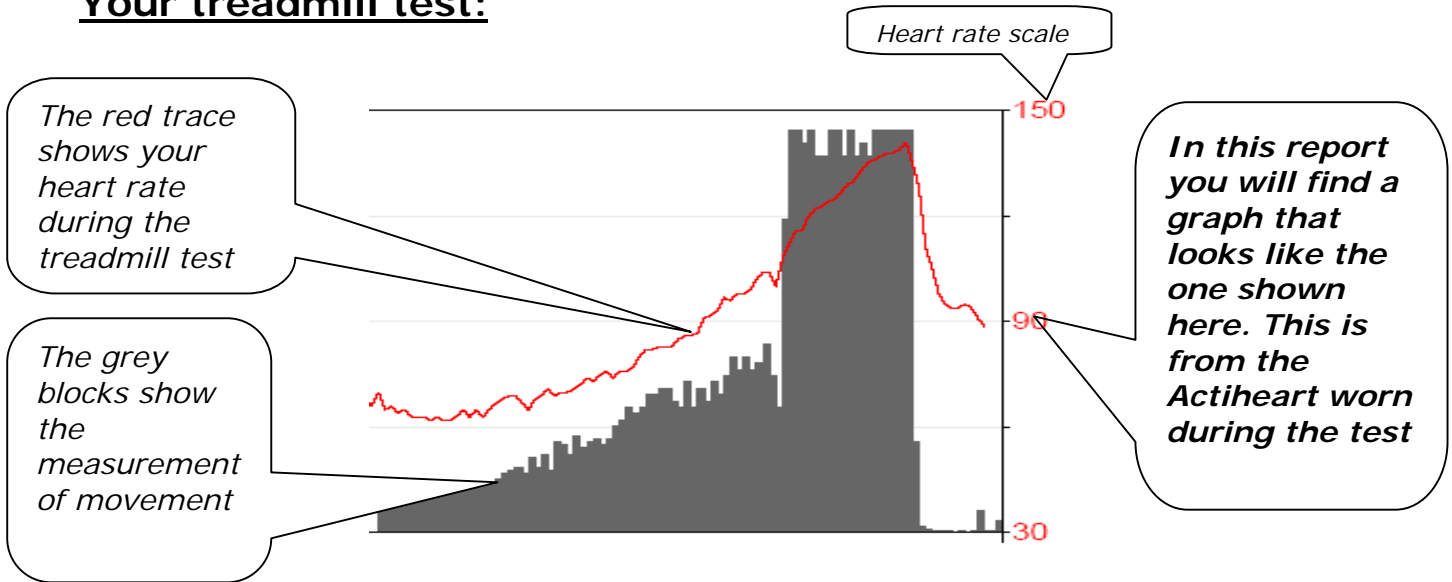


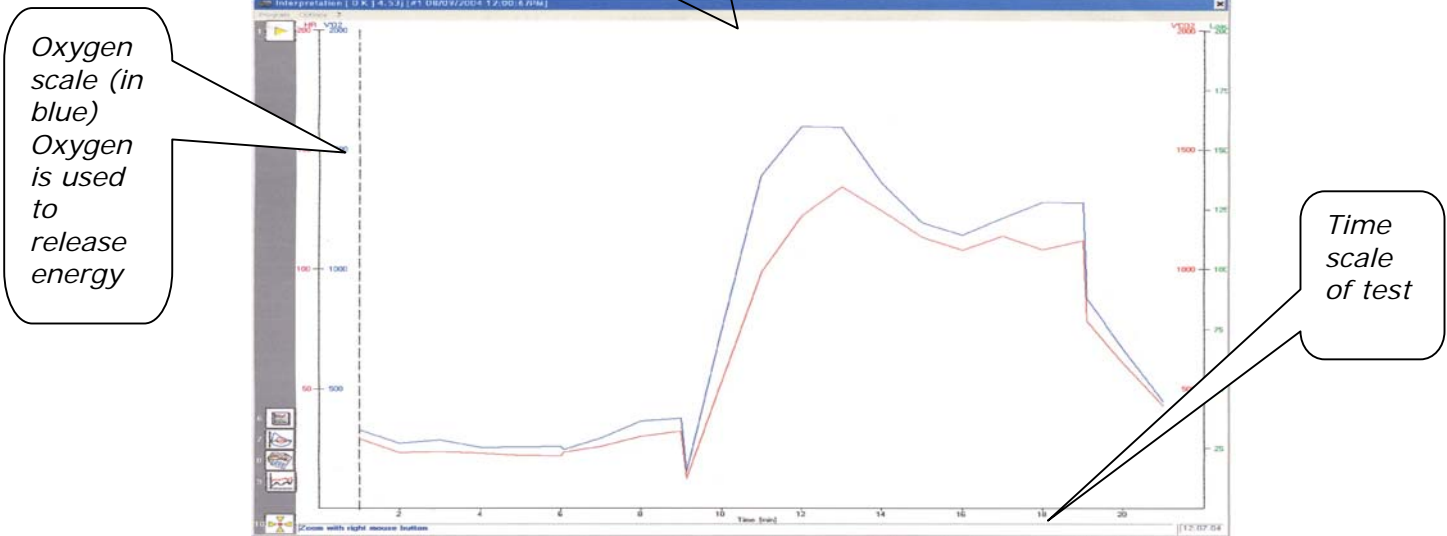
How to interpret your results

1. Feedback of fitness and physical activity

Your treadmill test:



You will also find a graph like the one below that shows your oxygen consumption during the treadmill test.

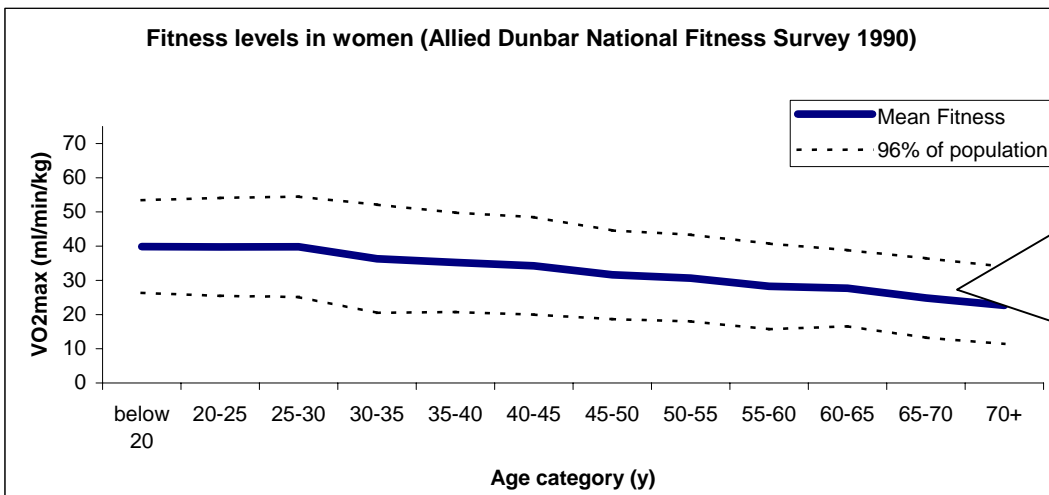


<p>Maximum Heart rate</p>	<p>The data shown in the graphs can be used to give an estimate of your fitness. We use your age to make a standard prediction of your maximum heart rate ($208 - 0.7 \times \text{age}$). You will find that value in the report.</p>
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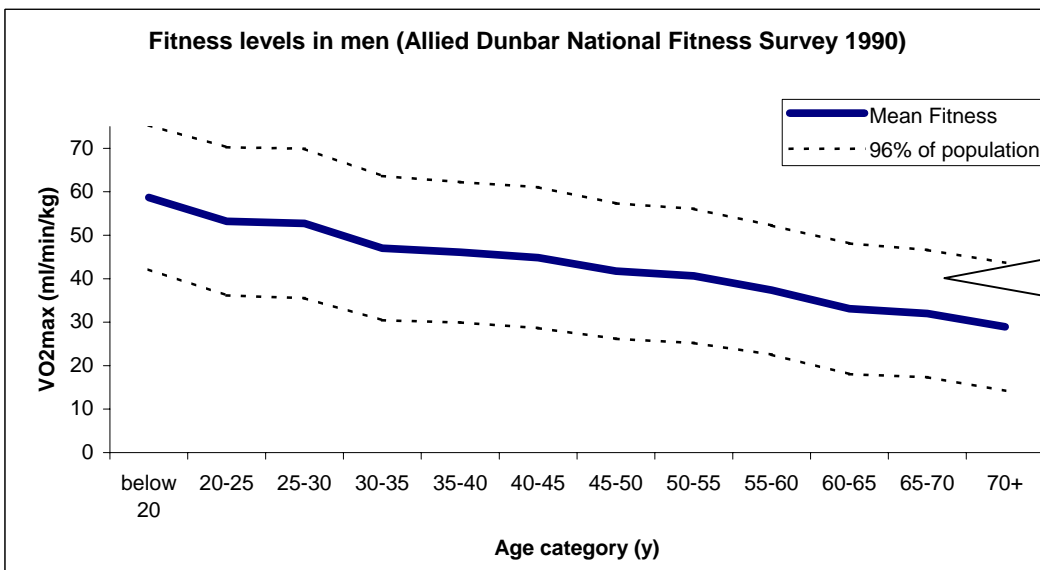
Your fitness level

VO2 Max	Knowing the relationship between your heart rate and oxygen consumption we can then estimate how much oxygen you would use at your maximum heart rate. This is expressed relative to your weight to give your fitness level. You will find that value in the report.
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The graphs below can be used to show how your fitness compares to the general population.



The solid line is the average value (as given by the Allied Dunbar fitness Survey of 1990 which was carried out on 2000 volunteers.)



The area within the broken lines shows where 96% of the population lies.

“Allied Dunbar National fitness Survey 1990”

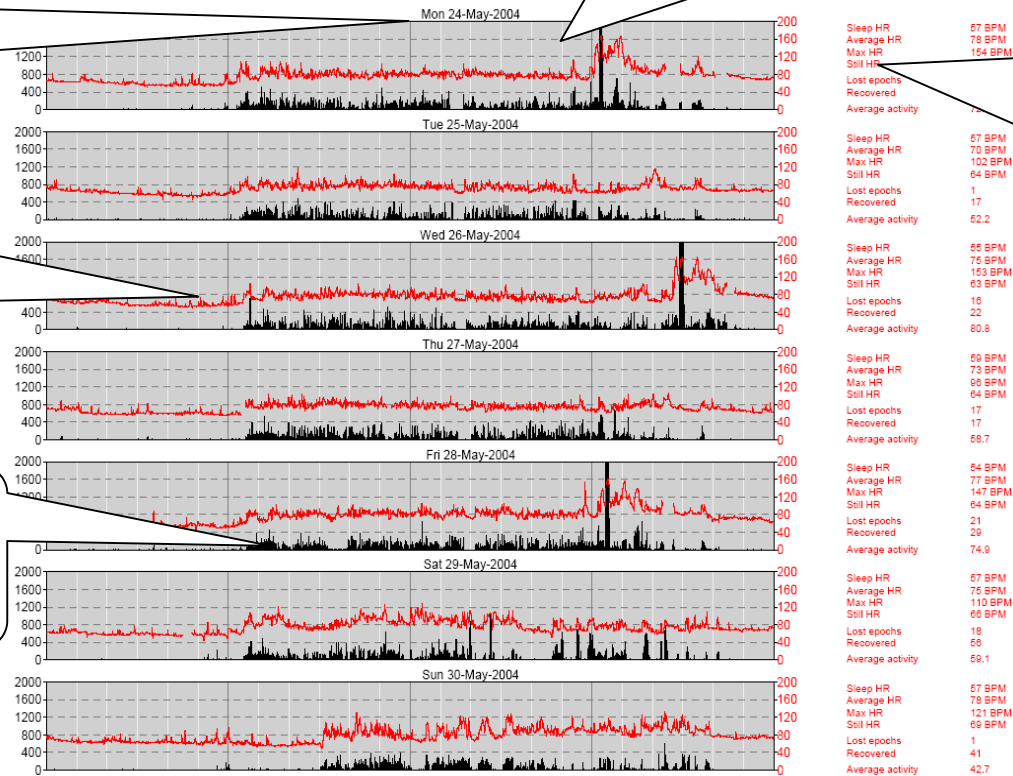
Your free-living measurements

In this report you will find graphs from the Actiheart that you wore for 6 days of free living. They look similar to the graphs shown here.

Date of trace, the trace is underneath

The red trace shows your heart rate

The grey blocks show measurement of movement

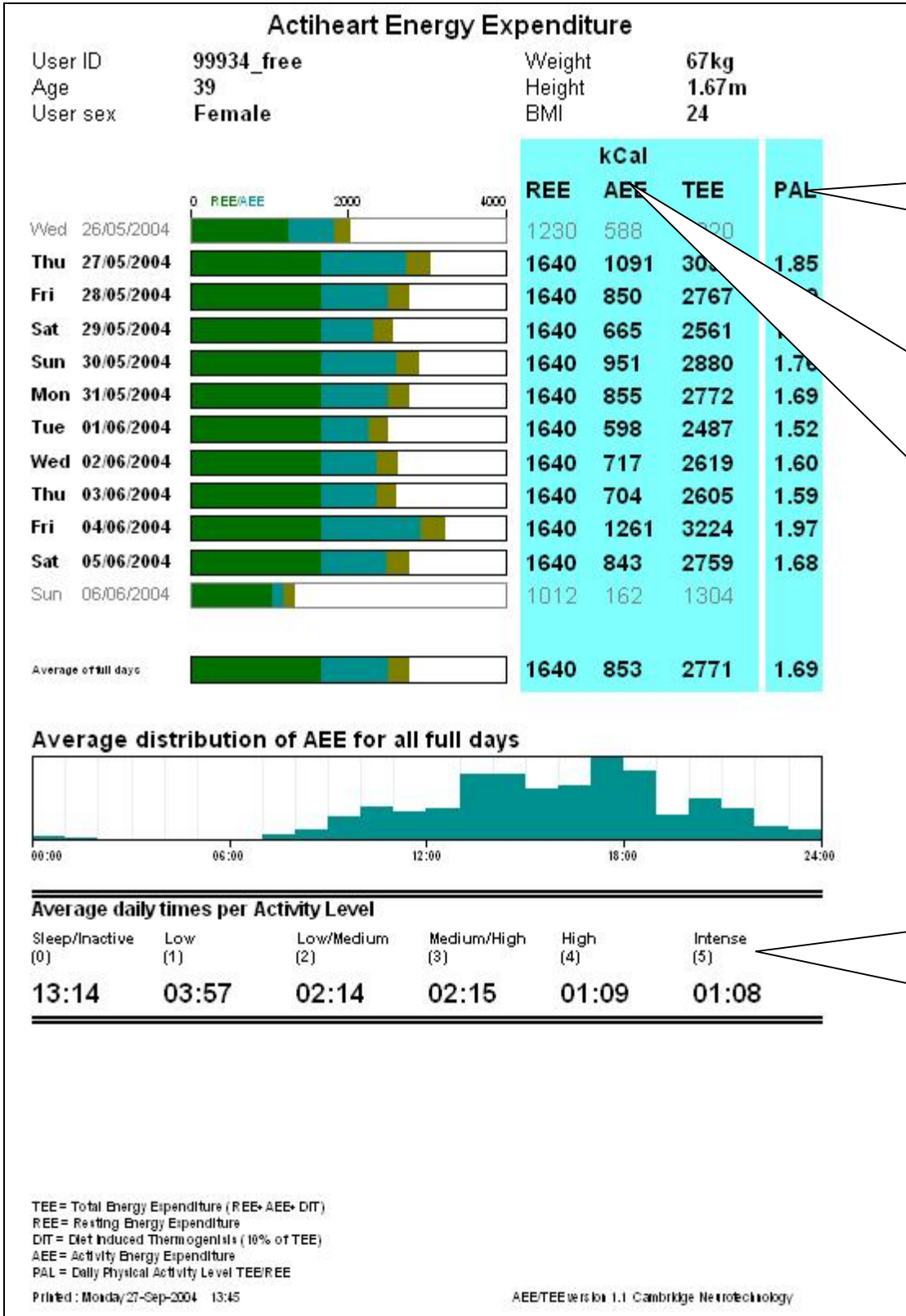


Still HR:
this is your average heart rate when the activity counts are zero.

Energy Expenditure during your 6 days free living

REE	We measured your oxygen consumption at rest. From this we can estimate your resting energy expenditure REE . This is the <i>minimum</i> amount of energy you spend all the time, even when you are asleep.
AEE	We have used the Actiheart data to estimate your activity energy expenditure AEE
TEE	We have also estimated your total energy expenditure TEE (activity plus rest plus 10% for processing the diet) for each of the six days.
PAL	The ratio of total energy expenditure TEE and resting energy expenditure REE is known as your physical activity level PAL . You will find all these values in your report

In this report you will find a page like this. It shows estimates of your energy levels over the 6 days you wore the Actiheart



PAL:
Physical activity level

TEE: Total energy expenditure per 24 hours

REE: Resting energy expenditure per 24 hours

AEE: Activity energy expenditure per 24 hours

This is a breakdown of the time spent at different intensity levels

Data from many different studies have been used to give the following reference values for physical activity levels. These values are based on energy requirements and as such are only *rough estimates*.

PAL value	Description
<1.2	Bed rested. Most likely when in care of others
1.2 – 1.55	Low activity level: Sedentary lifestyle
1.55 - 1.71	Medium activity level: Occasionally active. Typical office work
1.71 – 1.95	High activity level: Some manual work and/or regular exercise
>1.95	Very high activity level: A fair amount of manual work or exercise training

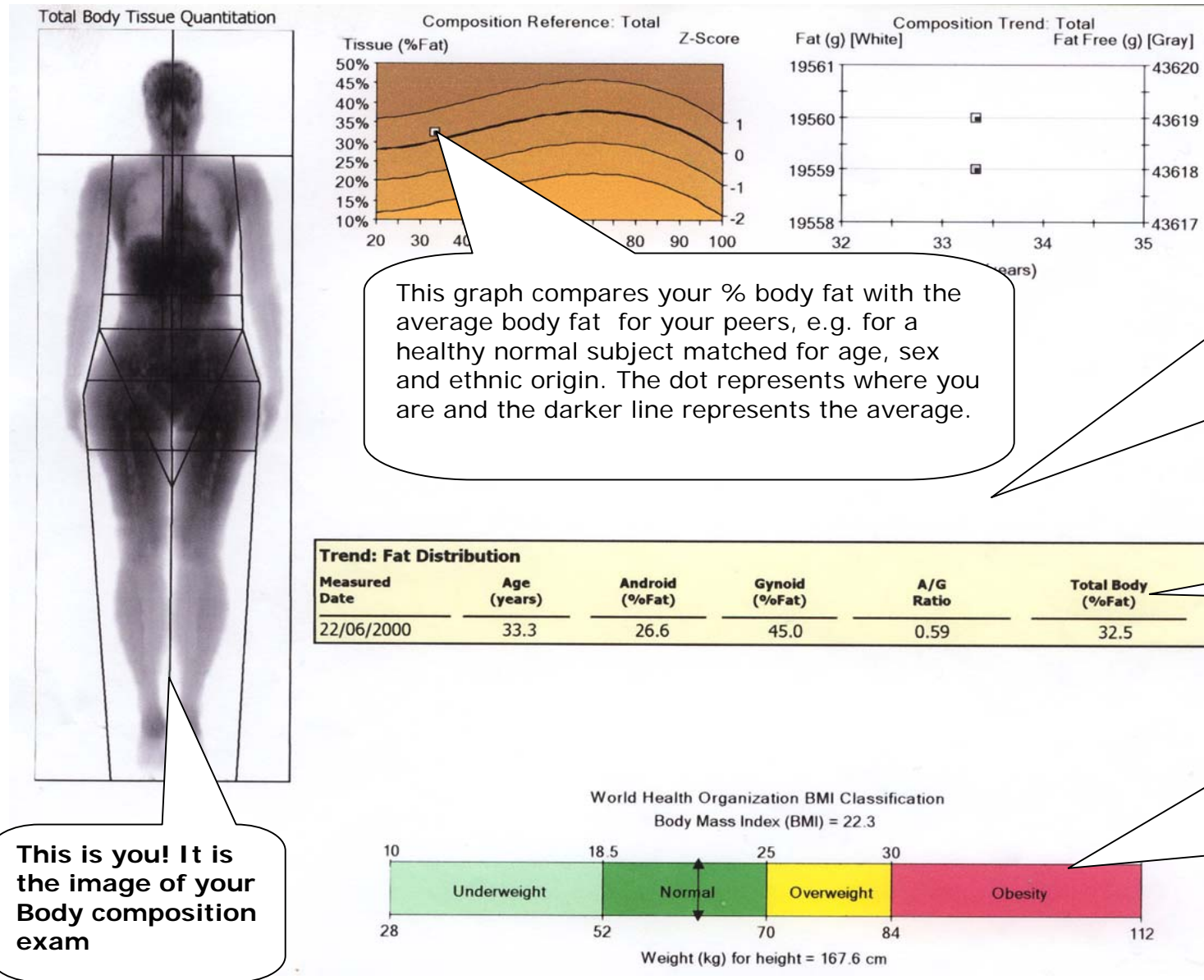
Reference values for PAL (FAO/WHO/UNU 1985)

It is still unknown how much energy humans should expend to maintain good health.

Your participation in this study has contributed to answering this important question.

2. Feed back on your DEXA report on body composition

You will find a page in your report that looks like this. This page helps to explain what you see



This graph compares your % body fat with the average body fat for your peers, e.g. for a healthy normal subject matched for age, sex and ethnic origin. The dot represents where you are and the darker line represents the average.

This table show your body fat patterning. Android fat is the fat stored around your waist and gynoid fat is the fat around your hips. Some of us are "apple" shaped with more android fat and some of us are "pears" with more qynoid fat.

This tells you what % of your body weight is fat

This is you! It is the image of your Body composition exam

This table shows whether you are a healthy weight for your height. It uses the Word Health Organisation criteria. The arrow indicates where you are.