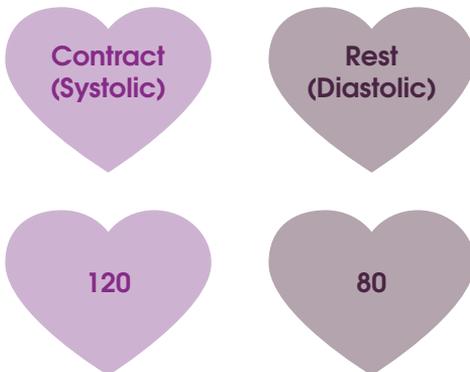


Blood Pressure

What is blood pressure?

Blood pressure measurement indicates the force of blood against artery walls – both as the heart contracts (systolic) and rests (diastolic). High blood pressure increases your risk of heart disease and stroke. It can also increase the risk of other conditions such as congestive heart failure and kidney disease. Early treatment can reduce the risk considerably.

An ideal blood pressure for adults is below 120/80 (120 systolic and 80 diastolic).¹ High blood pressure is considered to be 140/90 or higher. A third of patients with high blood pressure don't know they have it.²

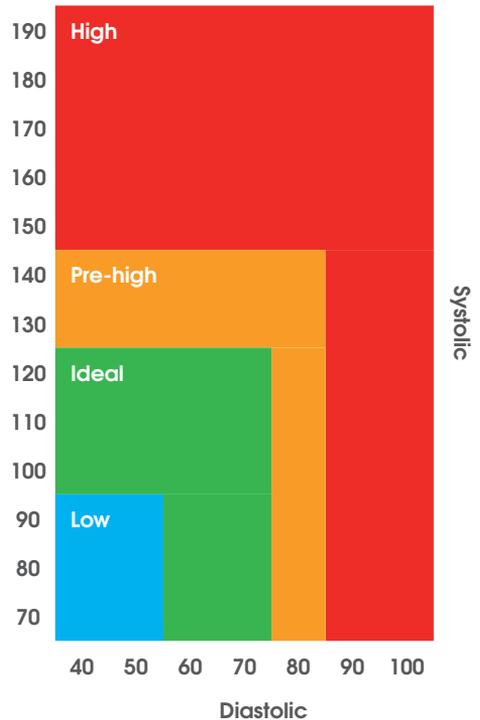


Blood Pressure Result

Date:

Result:

Is my blood pressure healthy?

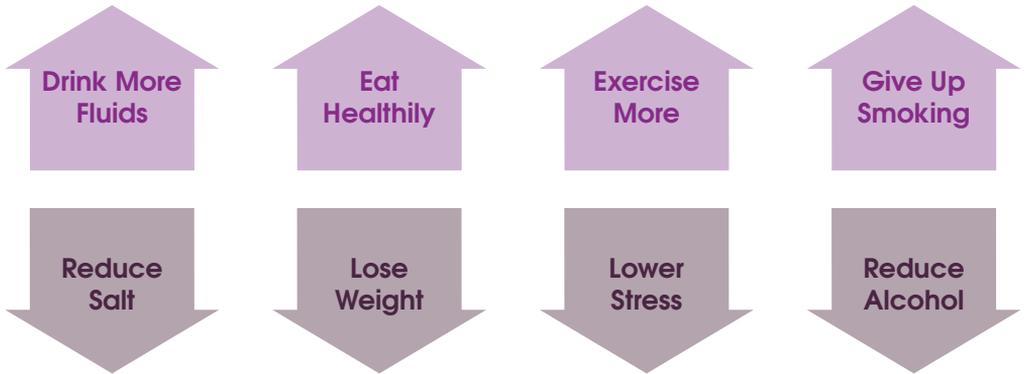


What if I have high blood pressure?

If you have high blood pressure, you should talk to your GP about how you can lower it. You may have to make changes to your lifestyle and you may even be prescribed medication to help curb your levels.

According to the British Heart Foundation as many as 7 million people are living with undiagnosed high blood pressure in the UK.³

How can I reduce my blood pressure?

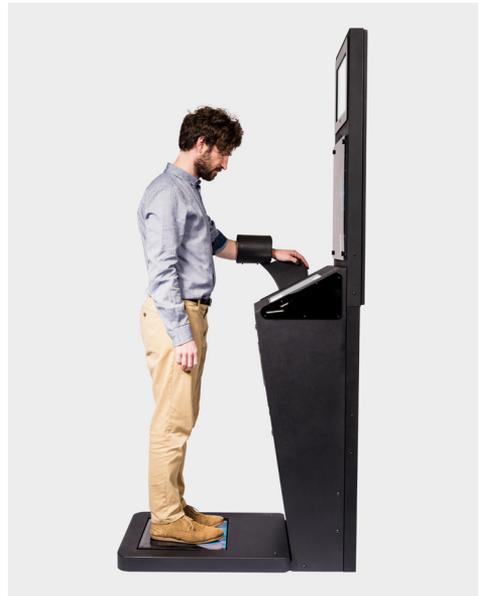


Low Blood Pressure

Naturally low blood pressure doesn't usually need to be treated unless it's causing symptoms such as dizziness or recurrent falls, in which case your GP will look at what the cause might be and how to treat it. There are ways to limit symptoms, which include standing up gradually, avoiding standing for long periods of time, staying hydrated and eating smaller meals more often.⁴

Heart Rate

Most adults have a resting heart rate of 60-100 beats per minute (bpm). The fitter you are, the lower your resting heart rate is likely to be. For example, athletes may have a resting heart rate of 40-60 bpm or lower. The NHS recommends that you should contact your GP if you think your heart rate is continuously above 120 bpm or below 40 bpm.⁵



- 1 - nhs.uk. (n.d.). High blood pressure (hypertension) - NHS Choices. (online)
Available at: [http://www.nhs.uk/Conditions/Blood-pressure-\(high\)/Pages/Introduction.aspx](http://www.nhs.uk/Conditions/Blood-pressure-(high)/Pages/Introduction.aspx) (Accessed 6 Apr. 2017).
- 2 - National Health Survey for England. (2004). on behalf of the Department of Health.
- 3 - bhf.org.uk. (n.d.). High blood pressure. (online)
Available at: <https://www.bhf.org.uk/heart-health/risk-factors/high-blood-pressure> (Accessed 6 Apr. 2017).
- 4 - nhs.uk. (n.d.). Low blood pressure (hypotension) - NHS Choices. (online)
Available at: [http://www.nhs.uk/Conditions/Blood-pressure-\(low\)/Pages/Introduction.aspx](http://www.nhs.uk/Conditions/Blood-pressure-(low)/Pages/Introduction.aspx) (Accessed 6 Apr. 2017).
- 5 - nhs.uk. (n.d.). How do I check my pulse? - Health questions - NHS Choices. (online)
Available at: <http://www.nhs.uk/chq/Pages/2024.aspx?CategoryID=52> (Accessed 6 Apr. 2017).

Body Mass Index

Body Mass Index or BMI is a universally recognised method of working out if you are a healthy weight for your height. It is calculated by dividing your weight in kilograms by the square of your height in metres, as shown below.

Weight (kg) ÷ Height (m) ÷ Height (m) = BMI
75kg ÷ 1.80m ÷ 1.80m = 23.1 (Example BMI)

Why is BMI important?

Being overweight or obese increases the risk of heart disease, stroke, Type 2 diabetes, some types of cancer, high blood pressure (hypertension) and kidney disease. Carrying excess weight can also put pressure on your joints, cause breathlessness and affect your mobility.¹

Being underweight increases the risk of brittle bones (osteoporosis), iron deficiency, anaemia and absent periods in women (amenorrhoea).²

Ethnicity

Recent NICE guidelines³ have highlighted that members of Black, Asian and other ethnic groups are at a higher risk of chronic conditions.

For this reason different risk thresholds are suggested for these groups to compensate, as below.

Black, Asian and other ethnic groups

Healthy	18.5 – 23
Overweight	23 – 27.5

Muscle mass and BMI

Some athletes are considered overweight according to their BMI despite having low body fat as they exhibit high levels of muscle mass. Adults also lose muscle mass as they age, so even if they fall in the healthy weight range, they may be carrying excess fat. In these situations BMI is a starting point for further discussion with your GP, rather than a specific target. The same applies to people with eating disorders.⁴

What if my BMI is too high?

You can use the chart (right) to calculate your BMI. You can make lifestyle choices in order to reduce your BMI but if you are struggling to keep it at a healthy level, you may wish to contact your GP.

How to lower your BMI

-  **Exercise More**
-  **Eat Healthily**
-  **Reduce Salt, Fat and Sugar**
-  **Reduce Alcohol**

BMI Result

Date:

Result:

BMI Chart

Height (m)

	1.46	1.5	1.54	1.58	1.62	1.66	1.7	1.74	1.78	1.82	1.86	1.9	1.94	
130	61	58	55	52	50	47	45	43	41	39	38	36	35	20st 6
128	60	57	54	51	49	46	44	42	40	39	37	35	34	20st 2
126	59	56	53	50	48	46	44	42	40	38	36	35	33	19st 12
124	58	55	52	50	47	45	43	41	39	37	36	34	33	19st 7
122	57	54	51	49	46	44	42	40	39	37	35	34	32	19st 3
120	56	53	51	48	46	44	42	40	38	36	35	33	32	18st 13
118	55	52	50	47	45	43	41	39	37	36	34	33	31	18st 8
116	54	52	49	46	44	42	40	38	37	35	34	32	31	18st 4
114	53	51	48	46	43	41	39	38	36	34	33	32	30	17st 13
112	53	50	47	45	43	41	39	37	35	34	32	31	30	17st 9
110	52	49	46	44	42	40	38	36	35	33	32	30	29	17st 5
108	51	48	46	43	41	39	37	36	34	33	31	30	29	17st
106	50	47	45	42	40	38	37	35	33	32	31	29	28	16st 10
104	49	46	44	42	40	38	36	34	33	31	30	29	28	16st 5
102	48	45	43	41	39	37	35	34	32	31	29	28	27	16st 1
100	47	44	42	40	38	36	35	33	32	30	29	28	27	15st 10
98	46	44	41	39	37	36	34	32	31	30	28	27	26	15st 6
96	45	43	40	38	37	35	33	32	30	29	28	27	26	15st 2
94	44	42	40	38	36	34	33	31	30	28	27	26	25	14st 11
92	43	41	39	37	35	33	32	30	29	28	27	25	24	14st 7
90	42	40	38	36	34	33	31	30	28	27	26	25	24	14st 2
88	41	39	37	35	34	32	30	29	28	27	25	24	23	13st 12
86	40	38	36	34	33	31	30	28	27	26	25	24	23	13st 8
84	39	37	35	34	32	30	29	28	27	25	24	23	22	13st 3
82	38	36	35	33	31	30	28	27	26	25	24	23	22	12st 13
80	38	36	34	32	30	29	28	26	25	24	23	22	21	12st 8
78	37	35	33	31	30	28	27	26	25	24	23	22	21	12st 4
76	36	34	32	30	29	28	26	25	24	23	22	21	20	12st
74	35	33	31	30	28	27	26	24	23	22	21	20	20	11st 9
72	34	32	30	29	27	26	25	24	23	22	21	20	19	11st 5
70	33	31	30	28	27	25	24	23	22	21	20	19	19	11st
68	32	30	29	27	26	25	24	22	21	21	20	19	18	10st 10
66	31	29	28	26	25	24	23	22	21	20	19	18	18	10st 6
64	30	28	27	26	24	23	22	21	20	19	18	18	17	10st 1
62	29	28	26	25	24	22	21	20	20	19	18	17	16	9st 11
60	28	27	25	24	23	22	21	20	19	18	17	17	16	9st 6
58	27	26	24	23	22	21	20	19	18	18	17	16	15	9st 2
56	26	25	24	22	21	20	19	18	18	17	16	16	15	8st 11
54	25	24	23	22	21	20	19	17	17	16	16	15	14	8st 7
52	24	23	22	21	20	19	18	17	16	16	15	14	14	8st 3
50	23	22	21	20	19	18	17	17	16	15	14	14	13	7st 12
48	23	21	20	19	18	17	17	16	15	14	14	13	13	7st 8
46	22	20	19	18	18	17	16	15	15	14	13	13	12	7st 3
44	21	20	19	18	17	16	15	15	14	13	13	12	12	6st 13
42	20	19	18	17	16	15	15	14	13	13	12	12	11	6st 9
40	19	18	17	16	15	15	14	13	13	12	12	11	10	6st 4
38	18	17	16	15	14	14	13	13	12	11	11	11	10	6st
	4'9½	4'11	5'½	5'2	5'4	5'5½	5'7	5'8½	5'10	5'11½	6'1	6'3	6'4½	

Height (ft/in)

■ Underweight
 ■ Healthy
 ■ Overweight
 ■ Obese
 ■ Morbidly Obese

Body Fat Content

Body Fat Content is an estimate of what proportion of the body consists of adipose (fatty tissue), as opposed to muscle, bone and other lean tissue. The readings of BFC will vary during the day and is dependent upon the amount of water in the body.

It's not all about dieting

Reducing your BFC isn't all about dieting, in fact, one of the best ways to lower BFC is to get fit! Incorporating a varied and balanced diet and regular exercise is the key to a healthy BFC.

Cardiovascular exercises such as walking, running or cycling are a great way to burn excess calories. Building muscle is also important as muscle tissue is more efficient at burning energy than adipose tissue.

The problem with high body fat

Carrying excess fat is not healthy for you and can increase your risk of getting cancer, heart disease and type 2 diabetes. Being overweight affects you both mentally and physically which can lead to overeating. The extra weight itself may lead to wear and tear on your joints and cause symptoms such as pain and breathlessness. Even losing just a little weight will help you feel more positive and reduce damage to your body.

Visceral fat

Not all fat is visible as some is stored in the abdominal cavity surrounding the internal organs. This poses the same potential risks as obesity. To lower visceral fat, exercise and a healthy diet is recommended.

What should my Body Fat Content percentage be?¹

Male Age	Low (%)	Normal (%)	High (%)	Very High (%)
16 - 29	< 0.8	08.0 - 17.9	18.0 - 23.9	24.0 >
30 - 39	< 11.0	11.0 - 19.9	20.0 - 25.9	26.0 >
40 - 49	< 13.0	13.0 - 21.9	22.0 - 26.9	27.0 >
50 - 59	< 15.0	15.0 - 23.9	24.0 - 29.9	30.0 >
60 +	< 17.0	17.0 - 25.9	26.0 - 33.9	34.0 >

Female Age	Low (%)	Normal (%)	High (%)	Very High (%)
16 - 29	< 20.0	20.0 - 28.9	29.0 - 35.9	36.0 >
30 - 39	< 22.0	22.0 - 30.9	31.0 - 37.9	38.0 >
40 - 49	< 24.0	24.0 - 32.9	33.0 - 39.9	40.0 >
50 - 59	< 26.0	26.0 - 34.9	35.0 - 41.9	42.0 >
60 +	< 28.0	28.0 - 36.9	37.0 - 43.9	44.0 >

Weight Loss



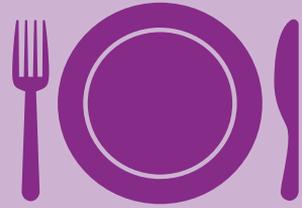
Moderate Exercise

At least 150 minutes of moderate aerobic activity a week, such as a fast walk, a gentle cycle or a swim. Strength exercises on two or more days a week are also recommended.²



Vigorous Exercise

At least 75 minutes of vigorous aerobic activity a week, such as running, playing football or tennis. Strength exercises on two or more days a week are also recommended.²



Eat Healthily

Eat a varied and balanced diet. Eat smaller portions and keep a food diary to see how much you are eating.

Metabolism

Metabolism describes chemical processes that go on continuously inside the body to keep you alive and your organs functioning normally, such as breathing, repairing cells and digesting food. These chemical processes require energy. The minimum amount of energy your body requires to carry out these chemical processes is called the Basal Metabolic Rate (BMR).

People who struggle to lose weight often blame a slow metabolism. Yet numerous studies involving thousands of people worldwide have failed to find evidence to support the widely held belief that overweight people must have slower metabolic rates.³ Height, weight, age and muscle mass can all affect BMR; however, considering different body sizes and compositions, there is a remarkable similarity in energy expenditure between individuals.

Whilst you don't have much control over the speed of your metabolism, you can control how many calories you burn through your level of physical activity. The more active you are, the more calories you burn. There are multiple calculators that can work out your calorie needs online. Look out for calculators using the Harris-Benedict equation.

Research has shown that people tend to eat more than they think they do.³ Comparing a food diary to your daily energy need is a good way to estimate a calorie target and enables you to check you are getting sufficient nutrition from a healthy and balanced diet.

- 1 - Deurenberg, P., Yap, M. and van Staveren, W. (1998). Body mass index and percent body fat: a meta analysis among diereent ethnic groups. *International Journal of Obesity*, 22(12), pp.1164-1171.
- 2 - nhs.uk. (n.d.). Physical activity guidelines for adults - Live Well - NHS Choices. (online) Available at: <http://www.nhs.uk/Livewellness/Pages/physical-activity-guidelines-for-adults.aspx> (6 Apr. 2017).
- 3 - nhs.uk. (n.d.). How can I speed up my metabolism to lose weight? NHS Choices. (online) Available at: <http://www.nhs.uk/Livewell/Pages/how-can-i-speed-up-my-metabolism.aspx> (6 Apr. 2017).

Hydration

It is really important that you consume enough fluid to stay hydrated and healthy. You can get water from nearly all fluid that you drink, apart from stronger alcoholic drinks such as wine and spirits. An intake of at least 6-8 glasses of fluid is recommended every day; this is in addition to the water provided by the food you eat.¹ However, the amount of fluid you need depends on factors such as climate, how much physical activity you do and your age.

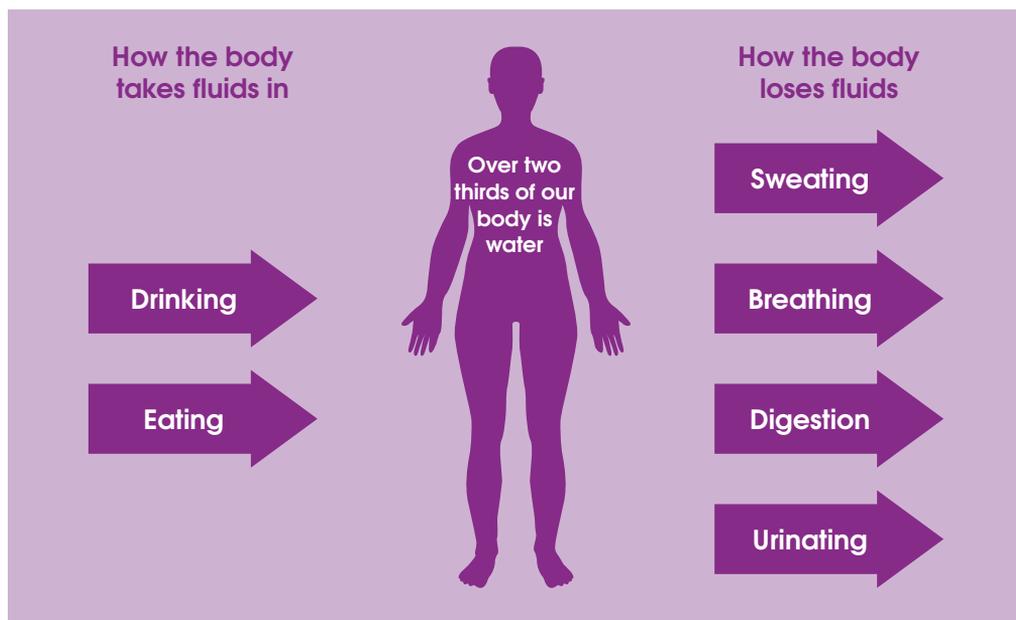
Dehydration occurs when the body loses more fluids than you take in. Symptoms of dehydration include feeling thirsty, dry mouth and urinating far less frequently than you normally do. The colour of the urine you pass is a good indicator of how much fluid you need, see Pee Chart on reverse. However

your urine may discolour after eating certain foods such as beetroot, asparagus, and Vitamin D supplements.

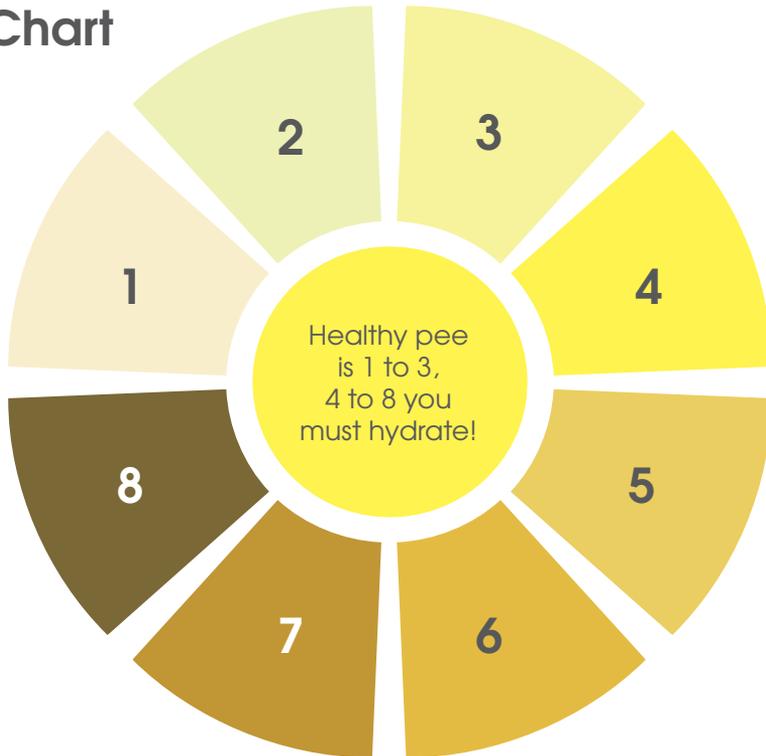
1 - nhs.uk. (n.d.). The Eatwell Guide - Live Well - NHS Choices. (online) Available at: <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx> (Accessed 6 Apr. 2017).

Benefits of keeping hydrated

- **Healthy skin**
- **Reduces blood pressure**
- **Aids weight loss and digestion**
- **Relieves fatigue and improves mood**
- **Flushes out toxins**
- **Regulates temperature**
- **Relieves headaches**
- **Improves productivity**



Pee Chart



What should you be drinking?

It is important that you consider the calories associated with some common beverages, as well as the diuretic effect of alcohol on the body. To help you make a healthy choice, take a look at the scale below:

Dehydration can occur as a result of drinking too much alcohol. Alcohol is a diuretic, which means it makes you pee more.



Water (200ml)
0 cal



Orange Juice
(200ml) 72 cal



Sugary Drink
(330ml) 119 cal

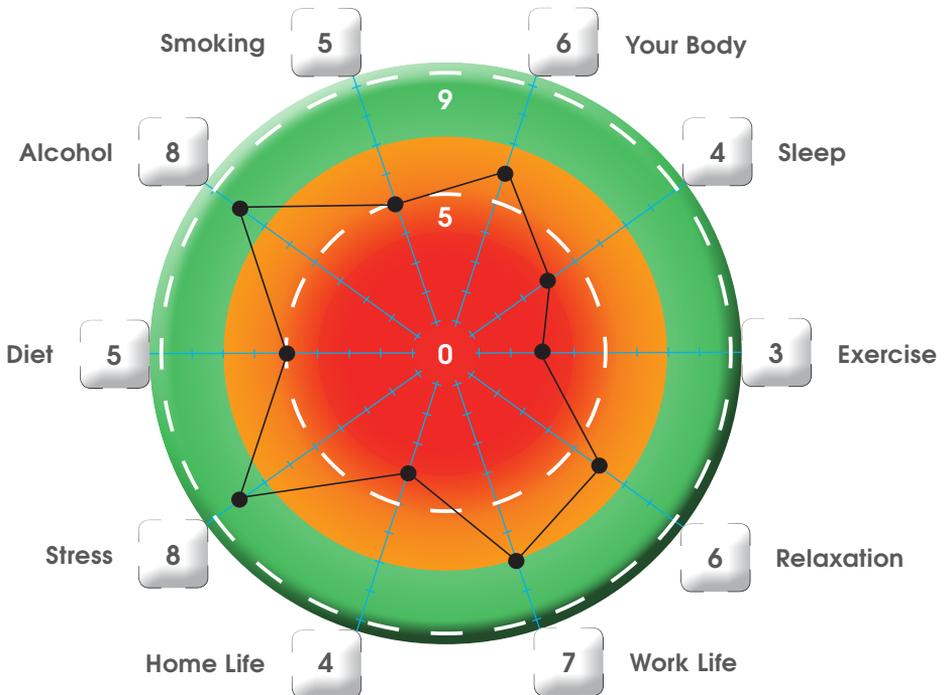


Pint of Lager
227 cal

Boomerang

Which areas of your life could you improve the most? The Boomerang Life Balance Questionnaire is a tool to help you analyse and compare 10 key areas of your lifestyle.

If you want to improve your wellbeing, it's a great way of finding out where to start. Look out for links between common areas. For example is your stress level effecting your sleep? Improving one area may improve your life in other areas. Please see the graph (below) which shows an example of how your results are presented.



0 = Act now

5 = Room to improve

9 = Good

What Next

 www.victoriabid.co.uk

   [@victoriabid](https://www.instagram.com/victoriabid) [#LondonStartsHere](https://twitter.com/victoriabid)

Find out more about how you can improve your health and wellbeing

If you would like to know more about how you can improve your health and wellbeing or have a health issue that would like to find out more about, visit our 'Referral Links' page on our website which includes the health categories below and gives you access to more information.

Simply follow the website address below to gain access to our 'Referral Links' page:

www.wellbeingpeople.com/links

For more information on...

Alcohol

Diet

Exercise

Home Life

Relaxation

Sleep

Smoking

Stress

Work / Life Balance

Your Body