

## Body composition

Excess body fat increases the risk of disease and may contribute to a number of health problems including:

- Cardiovascular disease
- High cholesterol
- Hypertension
- Diabetes
- Sore joints and/or back problems
- Reduced energy levels
- Poor quality of sleep or sleep apnoea
- Increased risk of some cancers

### What can you do about it?

Simply expend more energy than you consume:

- Enjoy more physical activity every day
- Eat a balanced diet and limit your portion sizes.

### What do we measure?

**Body Mass Index (BMI)** is calculated by dividing your weight (kg) by your height (m<sup>2</sup>). You can classify your health risk using the following table:

Healthy	18.5 - 25
Elevated risk	25.1 - 30
High risk	30.1+

**Waist to Hip Ratio (WHR)** is calculated by dividing your waist measurement by your hip measurement. You can classify your risk using the following table:

	Male	Female
Healthy	≤ 0.9	≤ 0.8
Elevated risk	0.91 - 0.95	0.81 - 0.85
High risk	0.96+	0.86+

**Body Fat Percentage (BF%)** is calculated using bioelectrical impedance. The scales work out the proportion of fat and lean tissue (muscle) in your body by comparing the density of your body tissues. You can classify your health risk using the following table:

	Male (%)	Female (%)
Healthy	8 - 21.9	21 - 34.9
Elevated risk	22 - 27.9	35 - 40.9
High risk	28+	41+

	Check 1	Check 2
Height (m)		
Weight (kg)		
<b>BMI</b>		
High risk	<input type="checkbox"/>	<input type="checkbox"/>
Elevated risk	<input type="checkbox"/>	<input type="checkbox"/>
Healthy	<input type="checkbox"/>	<input type="checkbox"/>
Underweight	<input type="checkbox"/>	<input type="checkbox"/>
Waist (cm)	M <94cms F <80cms	
Hip (cm)		
<b>Waist : Hip Ratio</b>		
High risk	<input type="checkbox"/>	<input type="checkbox"/>
Elevated risk	<input type="checkbox"/>	<input type="checkbox"/>
Healthy	<input type="checkbox"/>	<input type="checkbox"/>
<b>Body fat %</b>		
High risk	<input type="checkbox"/>	<input type="checkbox"/>
Elevated risk	<input type="checkbox"/>	<input type="checkbox"/>
Healthy	<input type="checkbox"/>	<input type="checkbox"/>
<b>Risk rating</b>		
High risk	8	
Elevated risk	4	
Healthy	0	
<input type="checkbox"/> GP follow up required		
<b>Risk score</b>		

## Physical activity

When most people think of exercise, they think of organised sport, gym programs, or a brisk morning walk. This is known as 'formal exercise'. However performing everyday tasks also expends energy, so we call this 'incidental exercise'. Incidental exercise can include walking to and from the car or the train station, gardening, playing with the kids, or taking the stairs at work. Both forms of activity expend energy and help you to manage the following:

- Body composition
- Cholesterol
- Blood pressure
- Mental wellbeing
- Insulin sensitivity (reducing your risk of type II diabetes)

**For good health, you should engage in a minimum of 150 minutes of moderate intensity activity per week**

### What can you do about it?

#### Formal exercise

- Find activities that you enjoy
- Plan ahead
- Aim to build up to five sessions of 30 - 40 minutes per week
- Aerobic exercise (i.e. running, brisk walking, cycling and swimming) is best for cardiovascular health
- Adding some strength and flexibility training to your aerobic exercise will provide extra benefits for your muscles, bones and joints.



If you haven't exercised recently or you have a health concern, you should always see your GP before starting an exercise program.

#### Incidental exercise

- Aim to accumulate at least 30 minutes of incidental activity every day, regardless of your level of formal exercise



- Look for every opportunity to be active
- Walk more, take the stairs, stretch while your computer boots up, walk at lunchtime etc
- Get a pedometer (step counter) and work towards 10 000 steps every day.

	Check 1	Check 2
<b>Formal exercise/week</b>		
Less than ½ hour	8	
½ - 1 hour	6	
1 - 1½ hours	4	
1½ - 2½ hours	2	
More than 2½ hours	0	
<b>Incidental exercise/day</b>		
Less than 10 min	6	
10 - 20 min	4	
21 - 30 min	2	
More than 30 min	0	
<b>Resistance (strength) exercise/week</b>		
None		
1 - 2 sessions		
3+ sessions		
<b>Flexibility (stretching) exercise/week</b>		
None		
1-2 sessions		
3+ sessions		
<input type="checkbox"/> Exercise Physiologist follow up required		
<b>Risk score</b>		