

Health Report

17 February 2022 at 16:43

Customer Details

Name: Test Test Smith

Gender: Male

Date of birth: 02/02/82

Provided by LiveSmart

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Your health score is 62

Congratulations on completing your first health assessment with LiveSmart! Your Health Score is 62 out of 100 and in the orange zone.

You are like the majority (over 50% of our customers) who fall in this zone. You are doing some things well but you still have room for improvement in a few areas to promote long term health. To reach your health score goal you need to focus on bringing your results into the green. Please take a close look at each section of this dashboard for more details of your results and recommendations. **You can read my full summary and see your to-do list by visiting the to-do page.**

About this result

The LiveSmart health score is a number between 0 and 100. We take all the information you provided us from your health profile and the results of your blood test (if this is included in your health assessment) and simplify this down to just one number.

What do the results mean?

Green health score (70+) - You have a minimal number of results out of range and have a number of healthy habits which are meeting the national recommendations for long-term health.

Orange health score (50-69) - You have some healthy lifestyle habits but have some areas to work on to improve your long-term health. There may be a few results out of range too.

Red health score (0-49) - You have some more significant health concerns or minimal healthy habits which can have a big impact on their long-term health. There may also be a number of results out of range.

Why does it matter?

We collect over 100 different data points about you and your health. Your health score simplifies all of this information into one number.

Your health score can be used as a baseline measurement for your health and can be used to measure the positive improvements you have made to your health over time.

All your results

Nutrition

- Fried Foods
- Salt Intake
- BMI
- Sugar Intake
- Fruit & Veg
- Meat-Free
- Oily Fish
- Red Meat
- Waist Size

Exercise

- Strength
- Daily Steps
- Activity

Lifestyle

- Alcohol
- Falling asleep
- Sleep Hours
- Sleep quality
- Smoking

Brain

- Stress
- Cognitive Test
- Mood

All your results

Nutrition

Test name	Report released dates:		Unit
	17/02/22	Range	
Takeaways and Fried Foods	2	0 - 0	Servings per week
Salt Intake	0	3 - 3	Daily habit
BMI	26	18.5 - 24.99	kg/m2
Sugar Intake	1	0 - 0	Servings per day
Fruit and Vegetables	8	5 - 20	Servings per day
Meat-Free Meals	4	3 - 21	Servings per week
Oily Fish	2	2 - 4	Servings per week
Red and Processed Meat	3	0 - 3	Servings per week
Waist Circumference	84	0 - 93.99	cm

A well planned diet provides our body with all the energy and nutrients it needs to function optimally. You are already making some healthy nutrition choices and you can explore this in more detail by clicking on each graph. Highlighted below are some **specific areas of your diet that you may like to focus on improving** and some suggestions to help you with this.

- Aim for 1 more variety of fruit or vegetables per day for additional health benefits.
- You're currently eating a good amount of oily fish per week - aim to maintain this. Try to choose a variety of [sustainably sourced fish](#). To boost your omega 3 intake, you can also include plant sources in your

diet too, such as walnuts, flaxseeds/linseeds and chia seeds.

- It's great to see that your intake of red or processed meats is within the UK guidelines of a maximum of 3 portions per week. Maintain this, and keep processed meat to a minimum. Also, try to choose lean cuts if you can and avoid cooking them in lots of fat and on a high heat.
- **Avoid having takeaways or fried foods as often** by reducing this from 2 times to once a week or less.
- It is important to **become more aware of your salt intake**.
- Aim to **limit sugary foods/drinks** from daily to every other day or less often.

Also, **remember to keep hydrated**. We each have personal fluid needs but generally it is recommended to aim for 1.5 - 2l (6 - 8 glasses) per day choosing sugar-free, alcohol-free and low-fat drinks, whilst also being mindful of caffeine intake. Dehydration often affects our concentration, causes headaches and tiredness. It's also common to mistake thirst for hunger, leading to eating unnecessarily and unwanted weight gain.

BMI

Your BMI is above the healthy weight range. If you decide to focus on reducing your weight, **making sustainable dietary and lifestyle changes is important and will work better than a quick-fix restrictive diet**. Healthy weight loss is anywhere in the range of 0.25-1kg per week (0.5-2lbs). Even losing just 5-10% of your body weight can start to have a positive impact on your health.

Choose some of the suggested actions below, or find more information on weight loss strategies [here](#). Focusing on other aspects of your lifestyle habits, such as regular exercise routine and sleep pattern, can also support weight loss.

Exercise

Test name	Report released dates:		Unit
	17/02/22	Range	
Strength & Resistance	0	2 - 7	Sessions per week
Daily Step Count	4	5 - 7	Days over 10k steps (per week)
Physical Activity	150	150 - 400	Mins per week

Regular physical activity is a great way to improve your physical and mental health, increase your fitness and achieve changes in your body composition. **There are some improvements you can make to your exercise routine to help you optimise your health and work towards a weekly exercise routine that meets all the national minimum recommendations.** Also, keep in mind that reducing sedentary time and replacing it with any sort of physical activity (i.e. sit less, move more) reduces your risk of chronic diseases.

Cardio Activity

The amount of weekly cardio activity you are doing meets the national recommendations, which is great. Aim to at least maintain this, or to improve your fitness, try to increase this (either by gradually doing more or increasing the intensity) or trying new types of activities. Keep in mind that every minute of vigorous / high-intensity activity counts as 2 minutes towards your weekly physical activity total.

Using [PAI Health \(Personal Activity Intelligence\)](#) can help you assess the heart health impact of your current exercise regime and help you set more specific goals to improve your fitness level whilst supporting a healthy heart too. PAI's algorithm calculates the benefit of all your activities (both planned exercise sessions and daily movement) for your heart and translates all that data into one meaningful number to focus on maintaining or even improving. Other ways to assess improvements over time include timing how long it takes for you to complete a certain activity or task, or aiming for new personal bests. Click on the graph to learn more about different exercise intensities and how to build fitness over time.

Strength & Resistance activity

It would be good to see you add a strength/resistance or core workout into your weekly routine, at least once a week. These workouts help to improve muscle and bone strength, increase balance, reduce the risk of injury or joint pain, and support a healthy body composition (a lower fat percentage). If you're new to a particular type of exercise, or are getting back to strength training after a long break, it can be advisable to seek [advice on technique](#) as these exercises can lead to injury if done incorrectly. Try to include exercises for all major muscle groups including arms, legs, back, and chest. For some examples of what counts as strength exercise, click the graph.

You might also like to assess your current physical health with an online tool such as [TrackActive](#), an evidence based physical health guide that can help track your physical activity and compare with the current guidelines. TrackActive have created an intelligent digital exercise program found in their Stay Strong and Healthy library that can adapt with the most suitable exercises based on your profile and feedback. In addition, if your daily routine involves prolonged hours of sitting down, it can provide you with a way to assess a variety of MSK conditions including back and neck pain and support you with personalised exercises and tips to manage these conditions more efficiently.

Daily Step Count

You are managing to do 10,000 steps a day 4 times a week, which is great. **Your goal is to reach this 5 times a week.** A high step count helps to minimise and break-up long periods of sedentary time.

Barriers To Exercise

It seems that **lack of time** is a barrier to being active. It can be difficult to balance busy work schedules, family commitments, relaxation and social time, and of course a healthy exercise routine. Remember that opting for more of your exercise to be vigorous/higher intensity means you can still get the benefits in a shorter exercise session, saving you time. Hopefully some of the strategies and goals below will help.

Family commitments can certainly make it more difficult to be active. Are there activities to do together? Family trips to the pool, walks somewhere new, or a game of catch in the park. Consider fitting in exercise during lunch breaks so you don't lose family time in the evenings. If you struggle, discuss with the family about how they can support you with your goals by sharing other duties or chores throughout the week.

Lifestyle

Test name	Report released dates:		Unit
	17/02/22	Range	
Alcohol	10.5	0 - 7	Units per week
Difficulty Falling Asleep	Occasionally	-	
Sleep Hours	7	7 - 8	Hours
Difficulty Remaining Asleep	Not at all	-	
Smoking	Don't smoke	0 - 0	Quantity

Smoking

It is great to see that you don't smoke. This is a positive decision to support your long-term health.

Alcohol

Although your current alcohol intake is no more than the recommended maximum intake of 14 units per week, you would still benefit from reducing this further to reduce strain on your liver and improve general health in the long and short term. You could do this by planning some alcohol free weeks, have a look below for some more ideas. Remember, the government's unit guidelines state that there's no safe level of alcohol consumption. Click on the results graph to learn more about the units in your favourite drinks.

Sleep Duration

It's reassuring to see that you are getting a good amount of sleep on average. Aim to maintain this around 7-9 hours per night, keeping to a regular routine across working and non-working days if you can.

Sleep Quality

It seems you sometimes have difficulty with your sleep quality. **Aim to implement strategies to help with this, such as making improvements to your sleep environment and bedtime routine.** Consider if there are any specific reasons impacting your sleep and potential solutions - you'll find a variety of these in the sleep difficulty graphs and some actionable suggestions below. The [Sleep Charity](#) has more information and advice.

You also note that your children can affect your sleep, which is completely understandable. This can vary as time passes so hopefully it is somewhat temporary. As well as choosing some of the suggested actions below, perhaps also aim to establish a very consistent sleep routine, share the load of nighttime care if you can, and accept help from family or friends.

Brain

Test name	Report released dates:		Unit
	17/02/22	Range	
Stress	7	0 - 6.99	Cohen Perceived Stress Scale
Cognitive Test	42	-	Digital Symbol Substitute Test
Mood	Ideal	0 - 0	Whooley Depression Screen

Stress levels

I'm sorry to see that you regularly feel stressed. Hopefully some of the strategies suggested below are useful to manage this. Remember, looking after your physical and emotional wellbeing can not only help reduce your stress levels but also minimises stress developing when faced with challenging situations in day-to-day life.

Mood

I am glad to see that low mood is not an issue for you at the moment. Establishing a regular exercise routine, maintaining good quality sleep and eating a healthy, balanced diet are all very important factors to keep yourself in the green.

Sources of stress can't always be avoided. **Using a tool like the [Thrive:Mental Wellbeing app](#) can help** to assess your current mood and learn relaxation techniques like meditation and deep-breathing to help improve your resilience and enable you to cope better with potentially stressful situations in the future.

Cognitive Function Test

The Digital Symbol Substitution Test (DSST) can assess a range of brain cognitive functions. **Amongst LiveSmart users, the average test score is 37.** Keeping your brain active is one important way to prevent early cognitive decline, for example by doing puzzles, quizzes and learning new skills. Getting enough good quality sleep, managing stress, and nutrients like Omega 3 are also known to help maintain cognitive function.

