



MOVEMENT FOR LIFE®

Specific Measures included in today's Movement for Life® Quick Fit Screen:

Blood Pressure: A measure of the force of the blood pushing against the walls of the arteries. There are two separate measurements recorded. The first, when the heart is pumping is called the systolic pressure. The second, when the heart is at rest between beats, is called your diastolic pressure. Blood pressure is always given as these two numbers, the systolic and diastolic pressures. Usually they are written one above or before the other, such as 120/80 mmHg. Normal blood pressure is considered to be a systolic measurement of 120 or below and a diastolic measurement of 80 or below (120/80). In instances of high blood pressure, the heart works harder placing your arteries under excess stress. This scenario can cause damage to the cardiovascular system, increasing your chances of a stroke, heart attack, and kidney disease if not monitored and treated.

Heart Rate / Pulse: This measure is recorded as beats per minute (bpm) and will likely be measured with an automated device or the practitioner will feel the artery in your wrist and count beats. Normal resting heart rate is widely considered to be between 60-100bpm. Highly fit individuals normally tend to have slow resting heart rates (40-60 bpm). Heart rates approaching and above 100 bpm generally require physician consultation. A recent international study of patients with cardiovascular disease has shown that heart rate plays a key role in the risk of heart attack. Those patients whose heart rate was above 70 bpm had higher incidence of heart attacks, hospital admissions and the need for surgery.

Oxygen Saturation: This measure determines the percentage of your hemoglobin that is saturated with oxygen. This measure provides us information to ensure your tissues are getting enough oxygen.

Walking Speed: Recently touted as the next "vital sign" this measure has the potential to predict future health, functional ability and fall risk. Results are compared to age and sex matched national norms to determine if you are at risk for functional decline based on mobility.

Height/Weight: Height and weight are used to calculate Body Mass Index (BMI). BMI is used in conjunction with your health history to determine your cardiovascular risk level.

Body Composition: Body weight alone is not a clear indicator of health or fitness because it does not distinguish how much weight is fat and how much is muscle. Therefore, body composition helps us determine the amount of fat and lean tissue in the body. Reducing excess levels of body fat has been shown to reduce disease risk, specifically but not limited to high blood pressure, heart disease, diabetes and cancer.

Balance: We assessed your balance by having you stand on one leg in three environments/test situations. Your ability to do this activity will assist us in making recommendations related to your risk of future fall as well as lower extremity stability.

Grip Strength: Grip strength will be measured using a dynamometer. Levels of grip strength have been cited as a good indicator of overall strength. Our intent is to utilize this measure to identify individuals that could benefit from further strength assessment and exercise programs to promote strengthening and decrease the risk of future functional limitation and disability.