

Sample 'Health WOF'  
Available on-site at our HQ in Wellington or  
nationwide at your workplace  
Do you have enough data to make Better Health and  
Training Decisions?



# HEALTH WARRANT OF FITNESS

NAME	SAMPLE
DATE OF TEST	17/04/2021
AGE AT TEST DATE	37

## SUMMARY HEALTH RESULTS

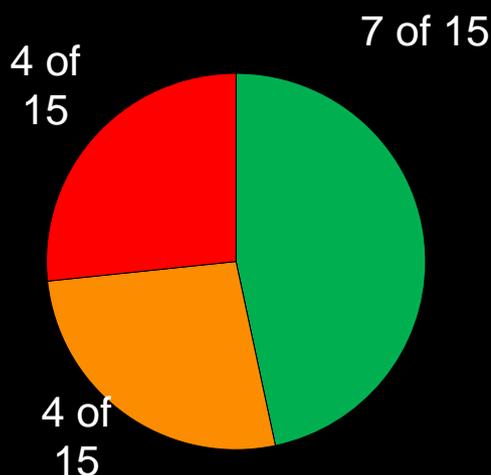
Metric	GUIDANCE	YOUR SCORE	OPTIMAL / RECOMMENDED RANGE
SYSTOLIC BLOOD PRESSURE	Needs Improvement	120	Under 120
DIASTOLIC BLOOD PRESSURE	Needs Improvement	80	Under 80
HBA1C (DIABETES)	Optimal	35	Under 40
TOTAL CHOLESTEROL	Optimal	4.4	Under 5.2
TRIGLYCERIDES	Increased Health Risk	2.4	Under 1.7
HDL CHOLESTEROL	Needs Improvement	1.16	Over 1.6
LDL CHOLESTEROL	Increased Health Risk	4.7	Under 2.6
TOTAL CHOL/HDL RATIO	Optimal	3.7	Under 4.0
BODY SHAPE RATING	Optimal	70	Over 69
HEIGHT	-	173	-
WEIGHT	-	70	-
BODY FAT %	Optimal	19	< 20%
WAIST CIRCUMFERENCE	Optimal	92	< 95cm
WAIST TO HIP RATIO	Increased Health Risk	0.92	< 0.90
BMI	Needs Improvement	29.2	18.5 to 24.99
BMI HEART AGE	Increased Health Risk	39	< 37
LIPIDS HEART AGE	Optimal	35	< 37

### KEY TO COLOURS

	Within Optimal/Recommended range
	You need to address this before it turns into something worse
	Increased risk of health problems

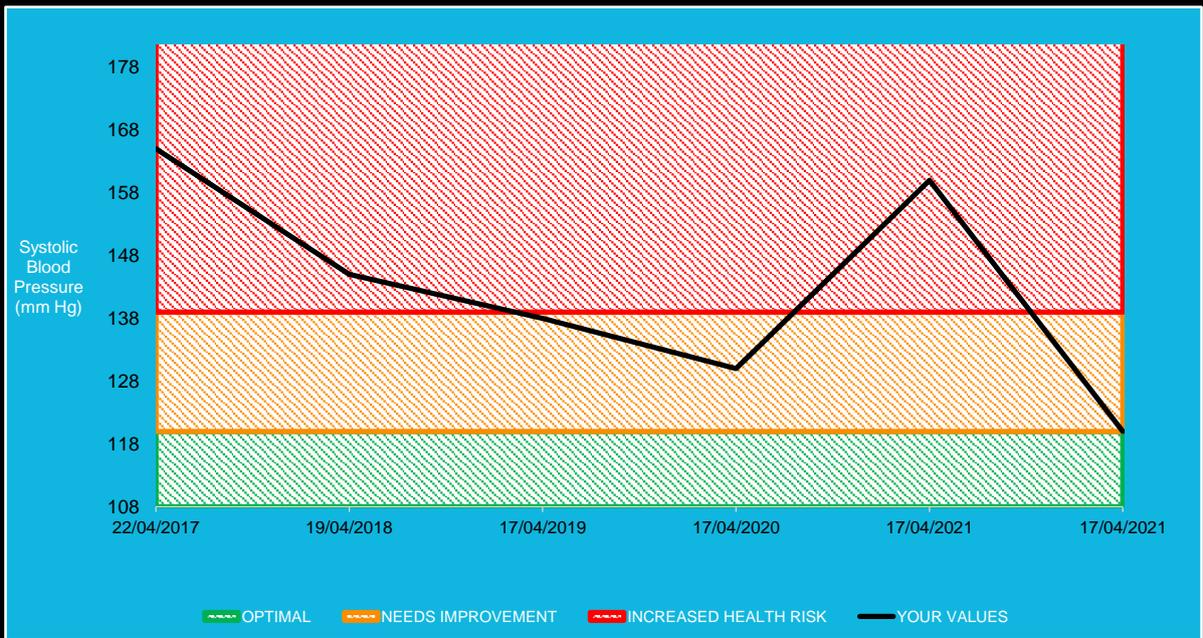
### YOUR HEALTH BREAKDOWN

### YOUR HEALTH SCORE (%)



## SYSTOLIC BLOOD PRESSURE

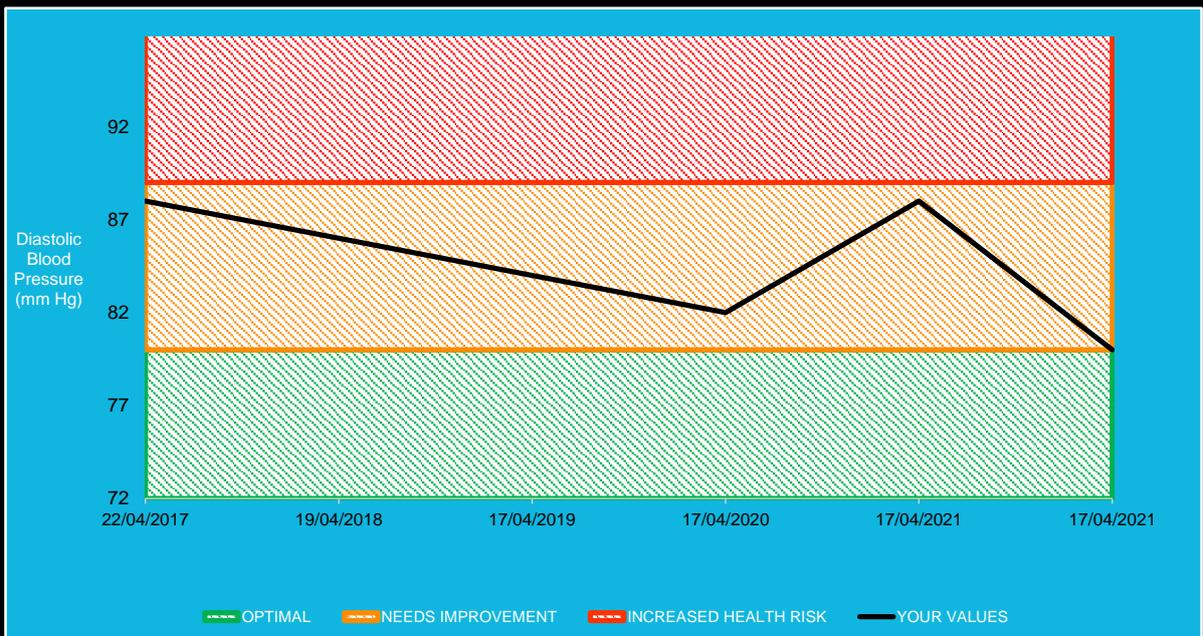
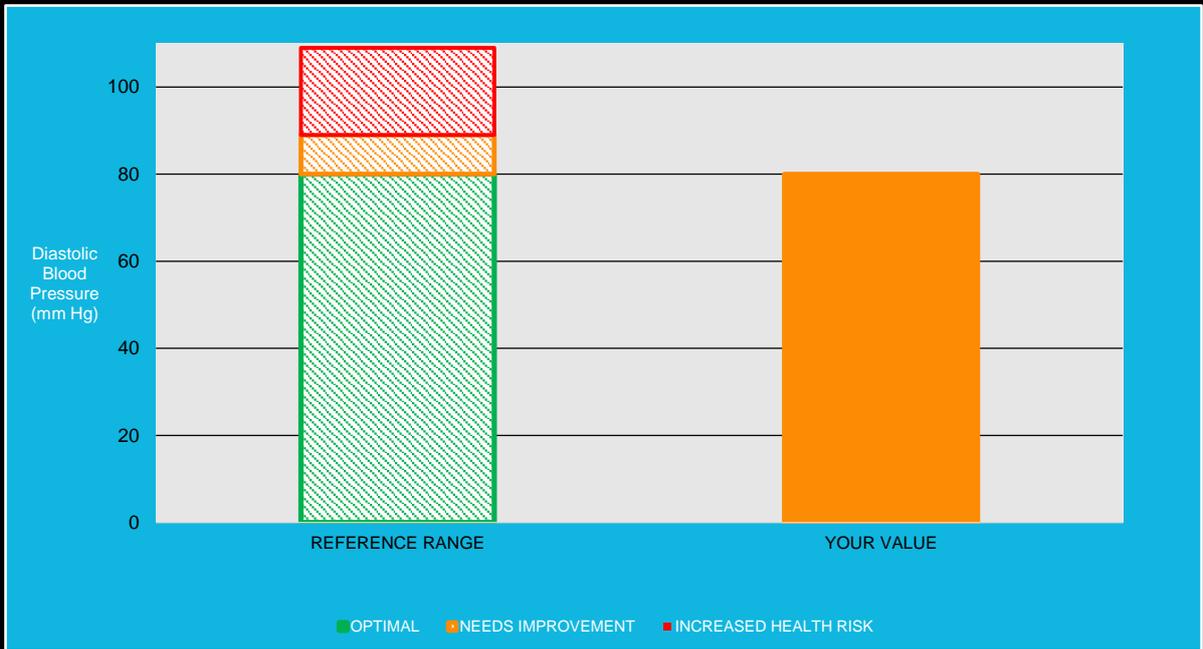
	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<120	
NEEDS IMPROVEMENT	120 - 139	<b>120</b>
INCREASED HEALTH RISK	>139	



[CLICK HERE FOR 5 WAYS TO IMPROVE YOUR BLOOD PRESSURE NOW:](https://www.healthandfittestesting.nz/resources/high-blood-pressure/)  
[HTTPS://WWW.HEALTHANDFITESTESTING.NZ/RESOURCES/HIGH-BLOOD-PRESSURE/](https://www.healthandfittestesting.nz/resources/high-blood-pressure/)

## DIASTOLIC BLOOD PRESSURE

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<80	
NEEDS IMPROVEMENT	80 - 89	80
INCREASED HEALTH RISK	>89	

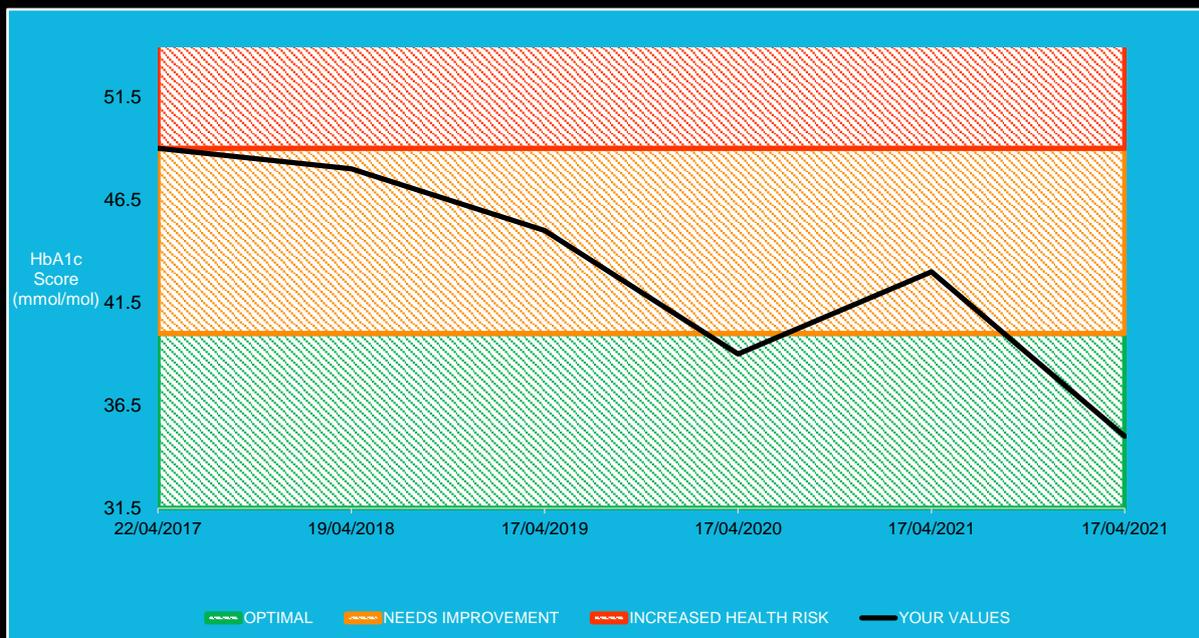
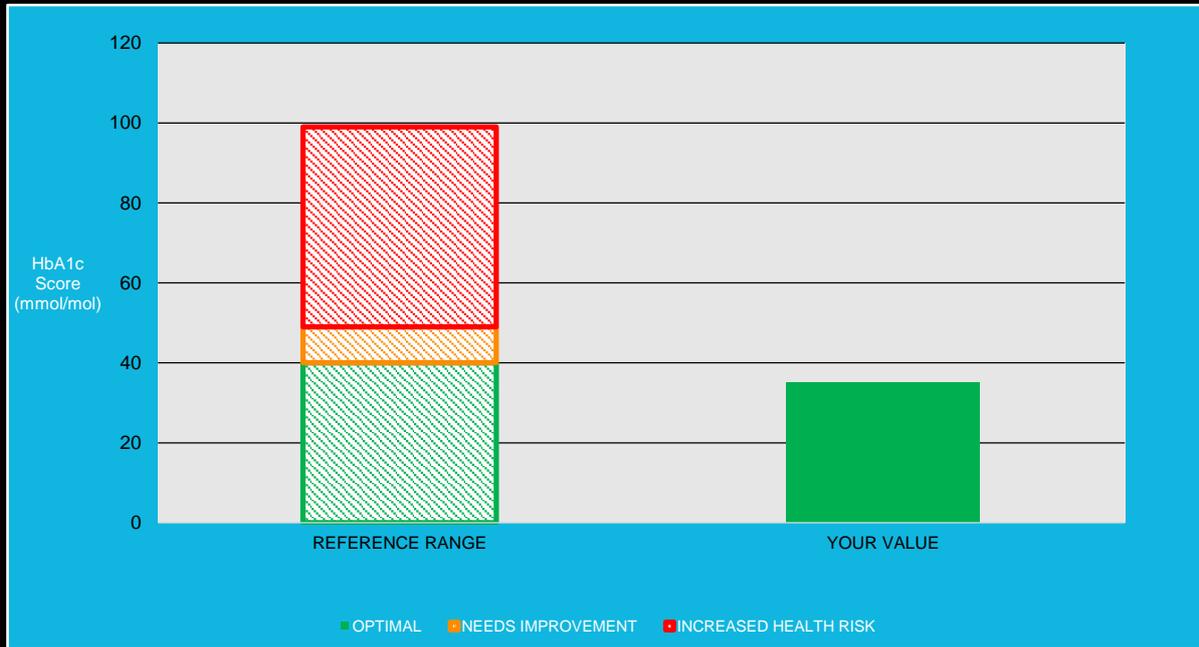


**CLICK HERE FOR 5 WAYS TO IMPROVE YOUR PRESSURE NOW:**

[HTTPS://WWW.HEALTHANDFITNESSTESTING.NZ/RESOURCES/HIGH-BLOOD-PRESSURE/](https://www.healthandfittestesting.nz/resources/high-blood-pressure/)

## HBA1C (DIABETES)

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<40	35
NEEDS IMPROVEMENT	40 - 49	
INCREASED HEALTH RISK	>49	

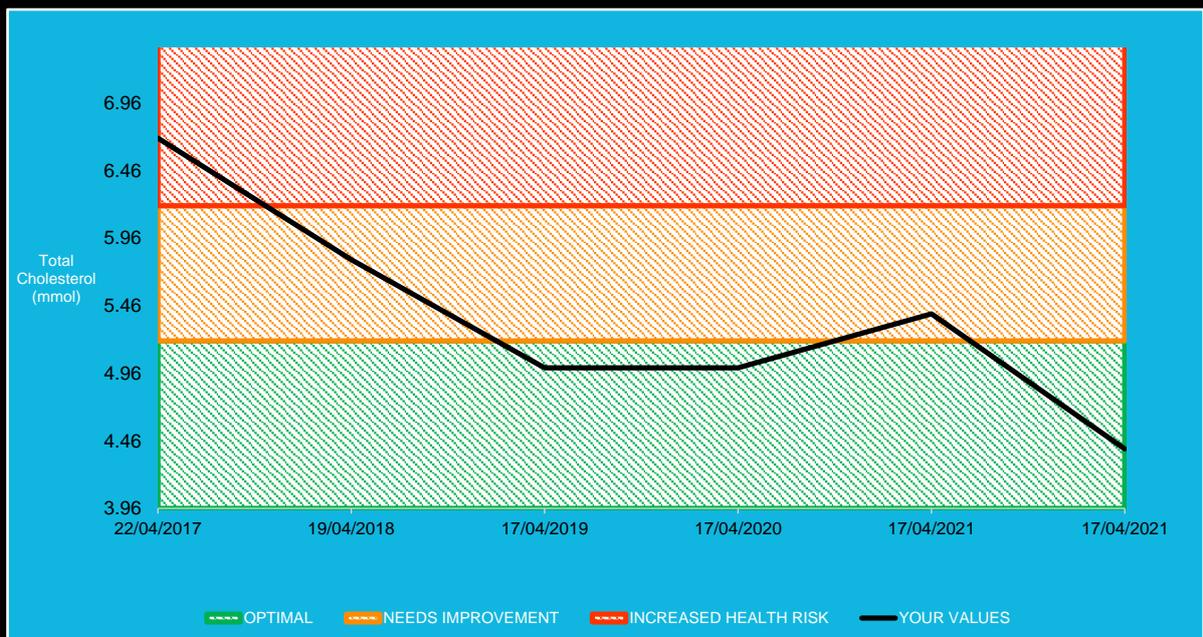
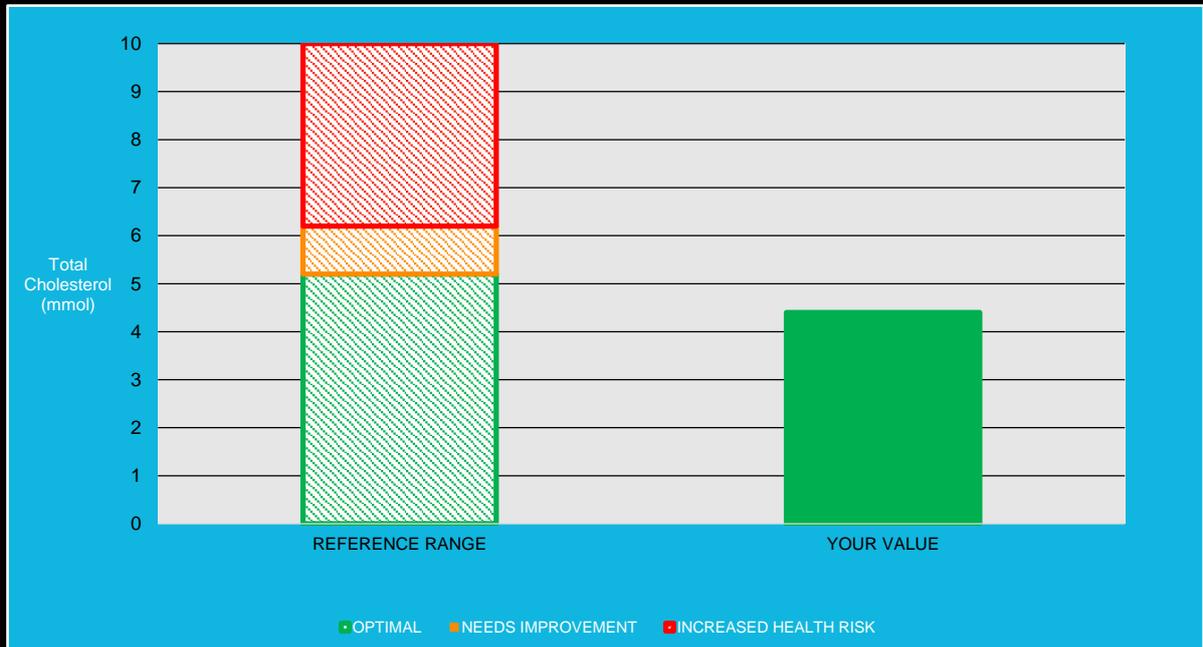


CLICK HERE FOR 5 WAYS TO IMPROVE YOUR DIABETES NOW:

[HTTPS://WWW.HEALTHANDFITNESS TESTING.NZ/RESOURCES/DIABETES](https://www.healthandfitnessstesting.nz/resources/diabetes)

## TOTAL CHOLESTEROL

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<5.2	<b>4.40</b>
NEEDS IMPROVEMENT	5.2 - 6.2	
INCREASED HEALTH RISK	>6.2	

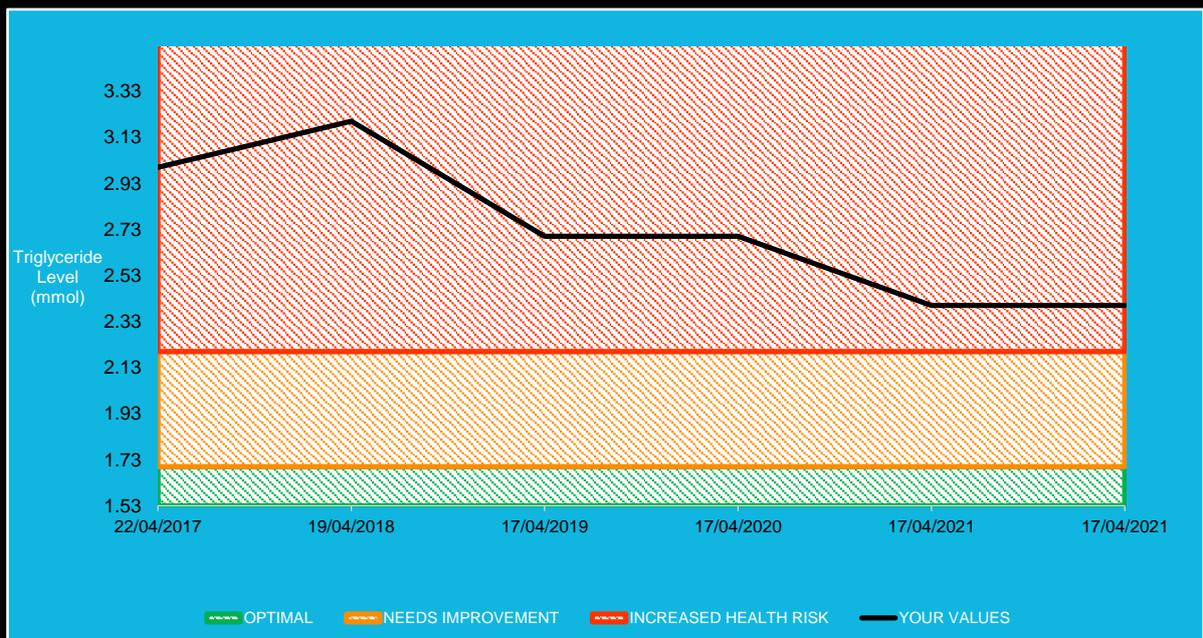
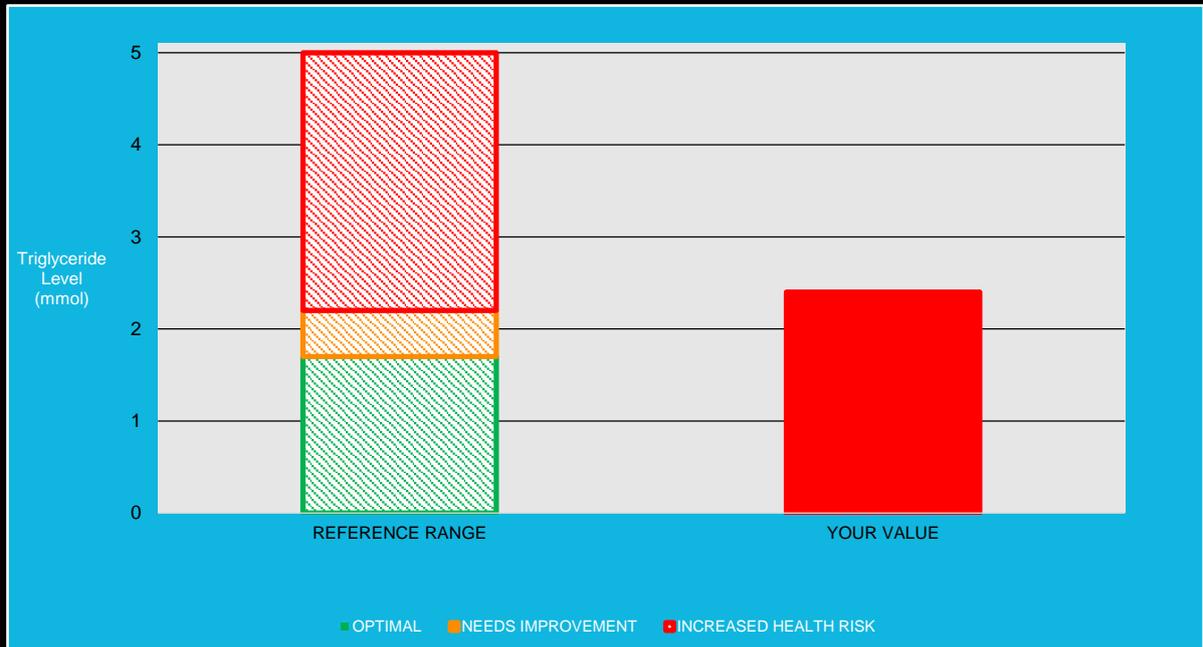


CLICK HERE FOR 5 WAYS TO IMPROVE YOUR CHOLESTEROL NOW:

[HTTPS://WWW.HEALTHANDFITNESS TESTING.NZ/RESOURCES/CHOLESTEROL/](https://www.healthandfittestesting.nz/resources/cholesterol/)

## TRIGLYCERIDES

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<1.7	
NEEDS IMPROVEMENT	1.7 - 2.2	
INCREASED HEALTH RISK	>2.2	2.4

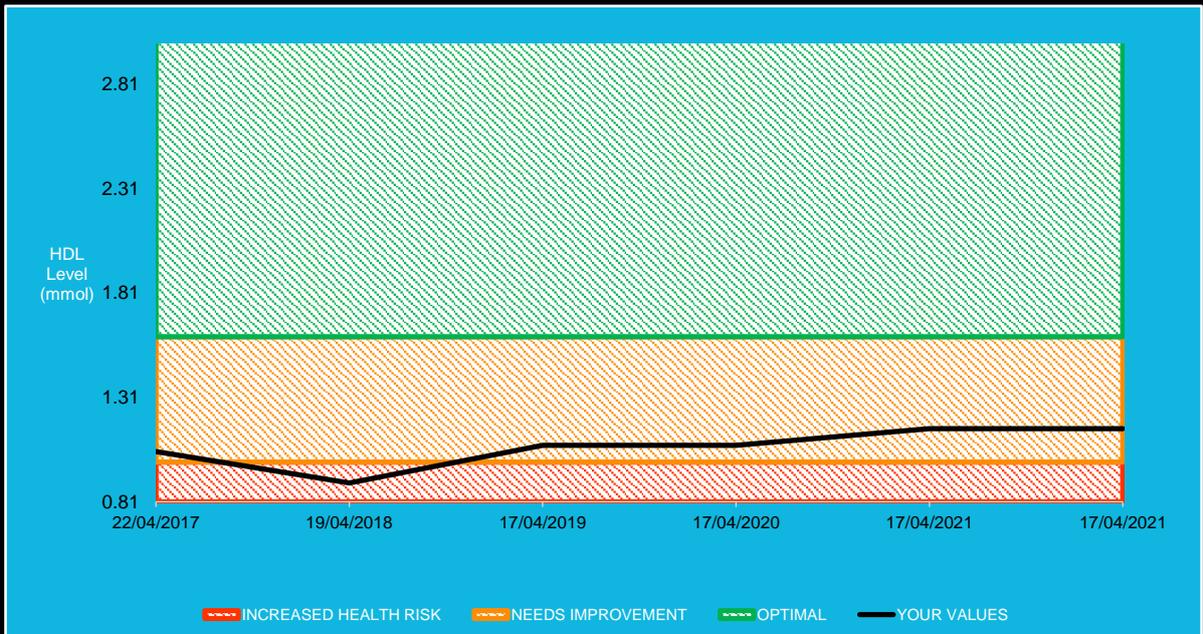
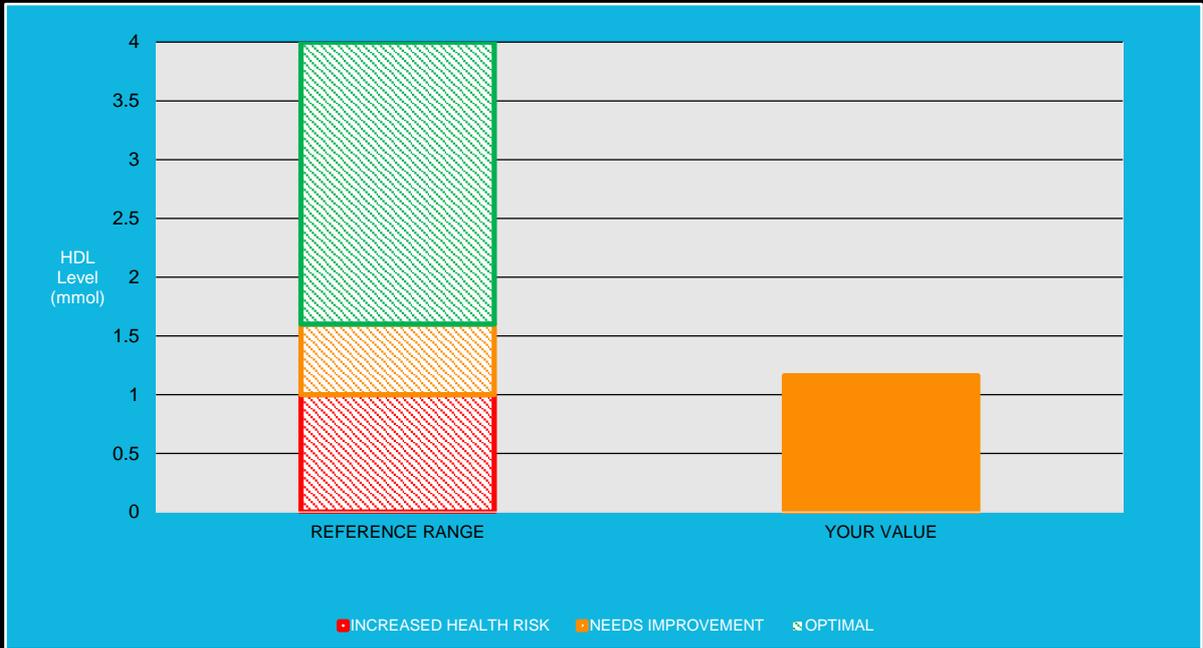


CLICK HERE FOR 5 WAYS TO IMPROVE YOUR CHOLESTEROL NOW:

[HTTPS://WWW.HEALTHANDFITNESSSTESTING.NZ/RESOURCES/CHOLESTEROL/](https://www.healthandfitnessstesting.nz/resources/cholesterol/)

## HDL CHOLESTEROL

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	>1.6	
NEEDS IMPROVEMENT	1 - 1.6	<b>1.16</b>
INCREASED HEALTH RISK	<1	

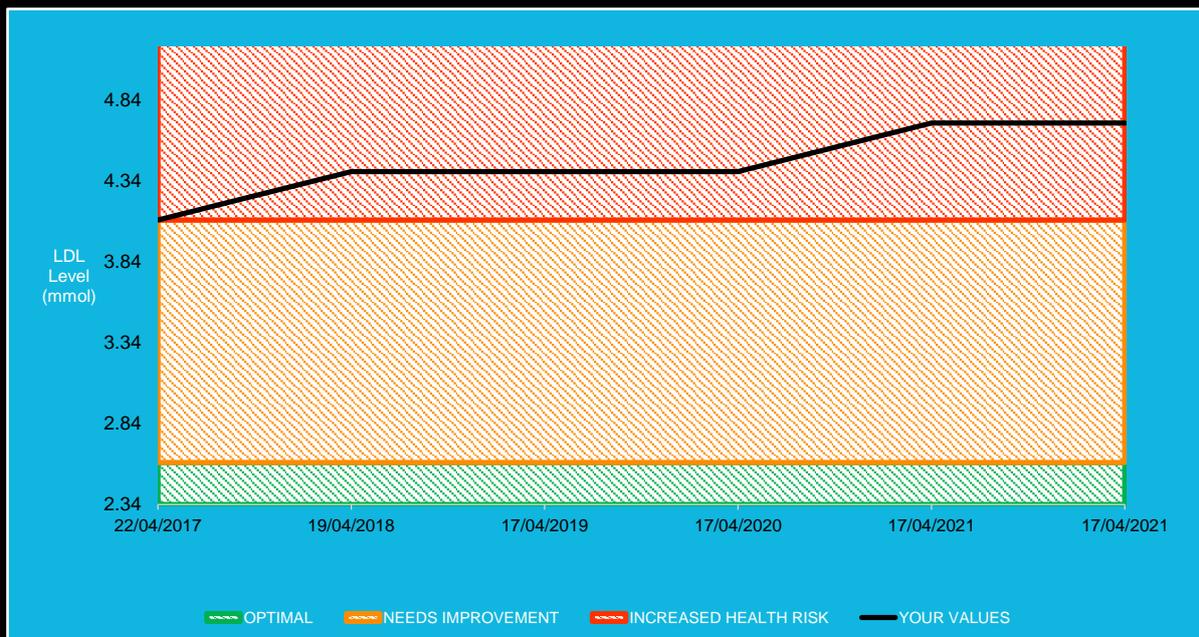
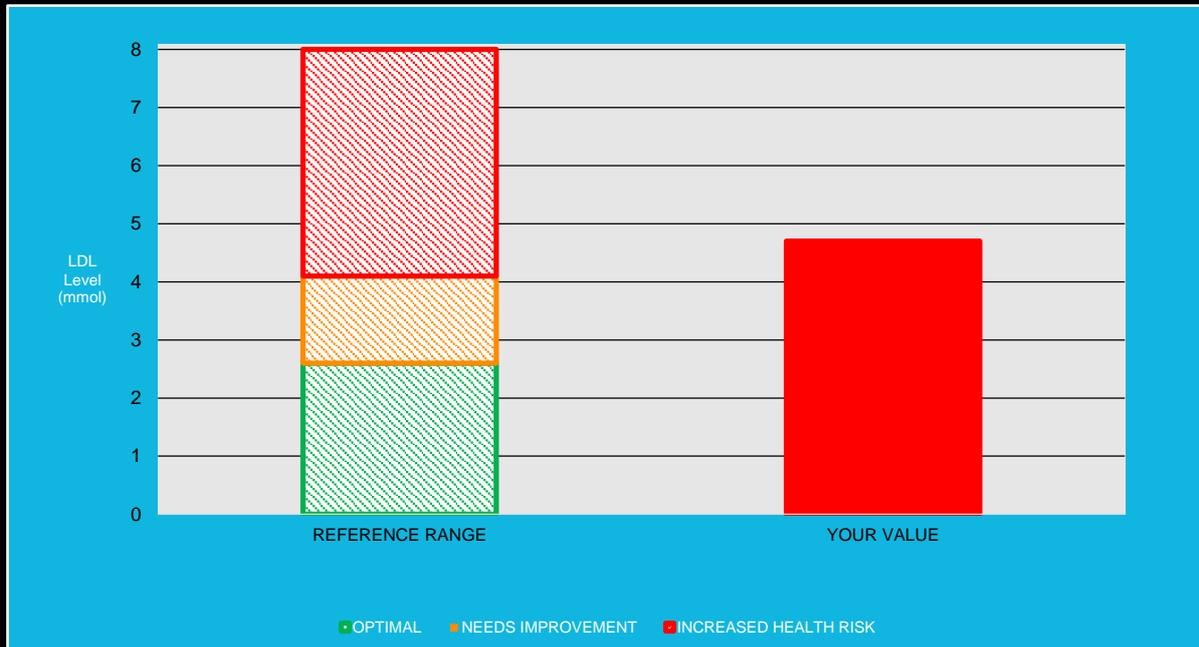


CLICK HERE FOR 5 WAYS TO IMPROVE YOUR CHOLESTEROL NOW:

[HTTPS://WWW.HEALTHANDFITNESS TESTING.NZ/RESOURCES/CHOLESTEROL/](https://www.healthandfittestesting.nz/resources/cholesterol/)

## LDL CHOLESTEROL

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<2.6	
NEEDS IMPROVEMENT	2.6 - 4.1	
INCREASED HEALTH RISK	>4.1	<b>4.7</b>

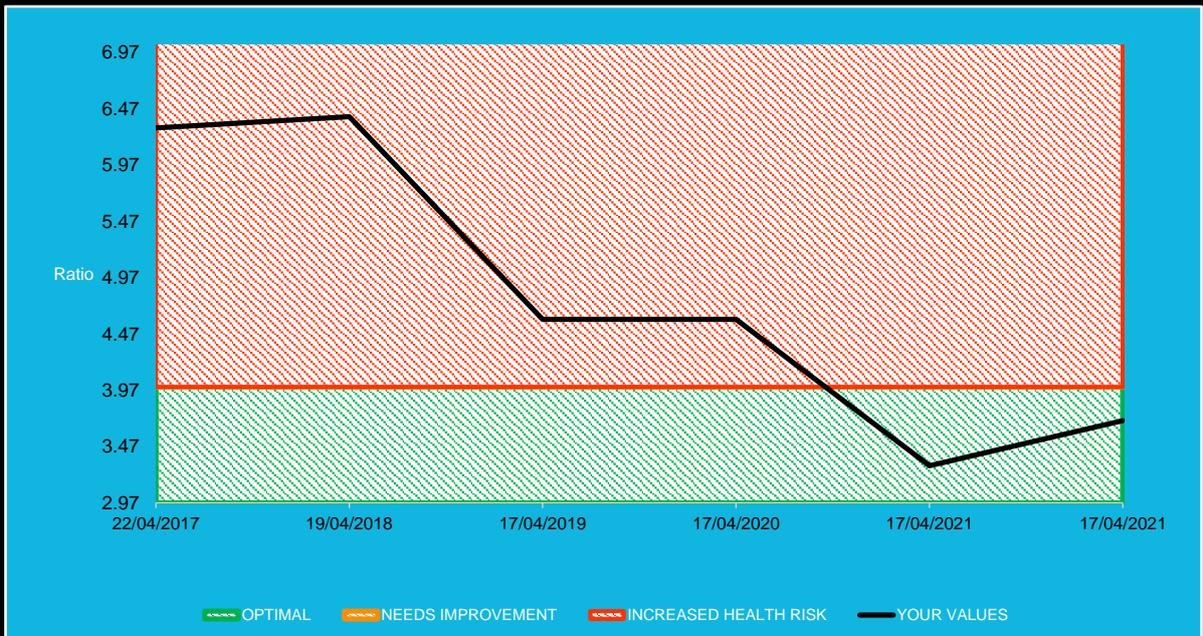
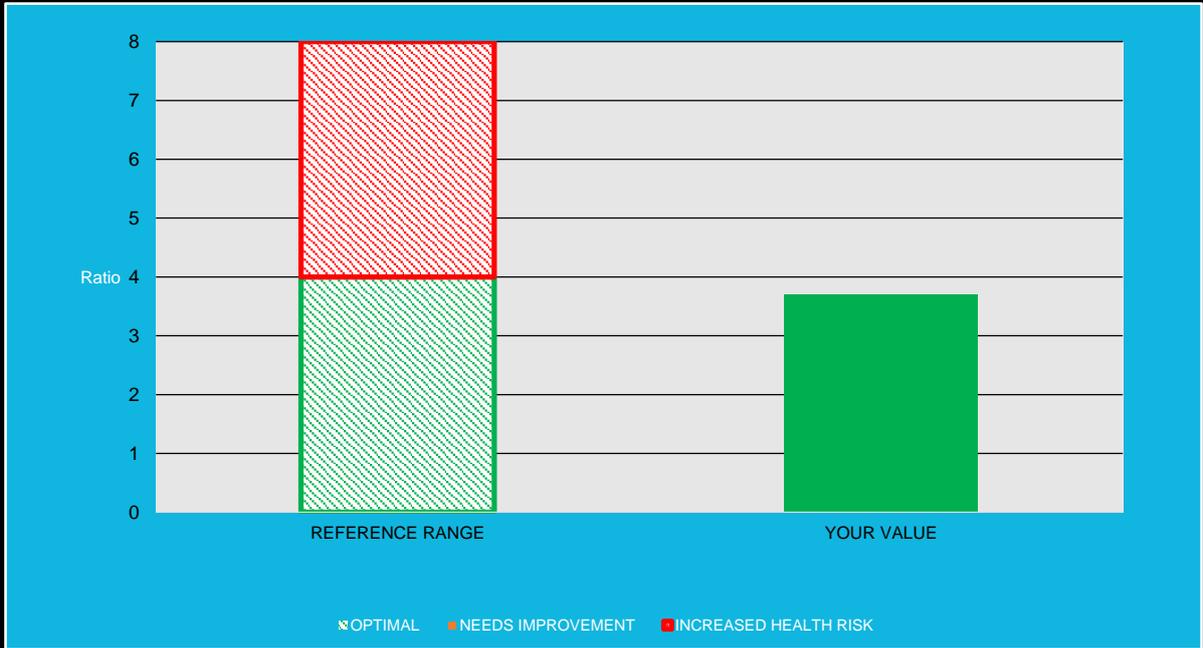


CLICK HERE FOR 5 WAYS TO IMPROVE YOUR CHOLESTEROL NOW:

[HTTPS://WWW.HEALTHANDFITNESS TESTING.NZ/RESOURCES/CHOLESTEROL/](https://www.healthandfittestesting.nz/resources/cholesterol/)

## TOTAL CHOL/HDL RATIO

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<4	3.7
NEEDS IMPROVEMENT	4 - 4	
INCREASED HEALTH RISK	>4	

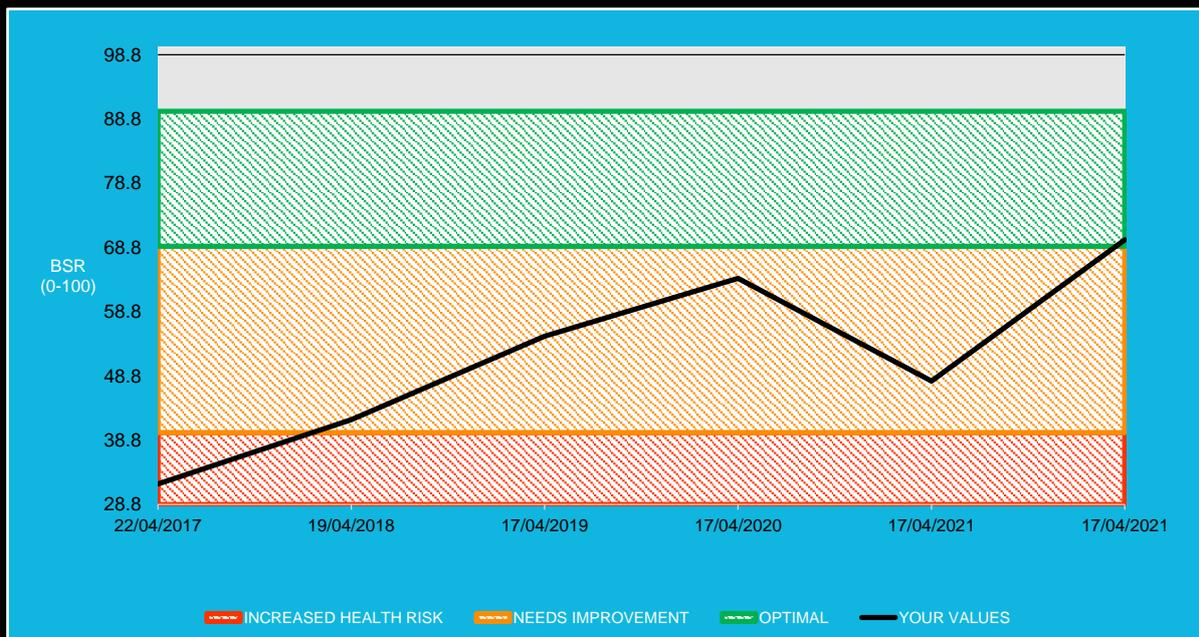


CLICK HERE FOR 5 WAYS TO IMPROVE YOUR CHOLESTEROL NOW:

[HTTPS://WWW.HEALTHANDFITNESS TESTING.NZ/RESOURCES/CHOLESTEROL/](https://www.healthandfittestesting.nz/resources/cholesterol/)

## BODY SHAPE RATING

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	>69	70
NEEDS IMPROVEMENT	40 - 69	
INCREASED HEALTH RISK	<40	

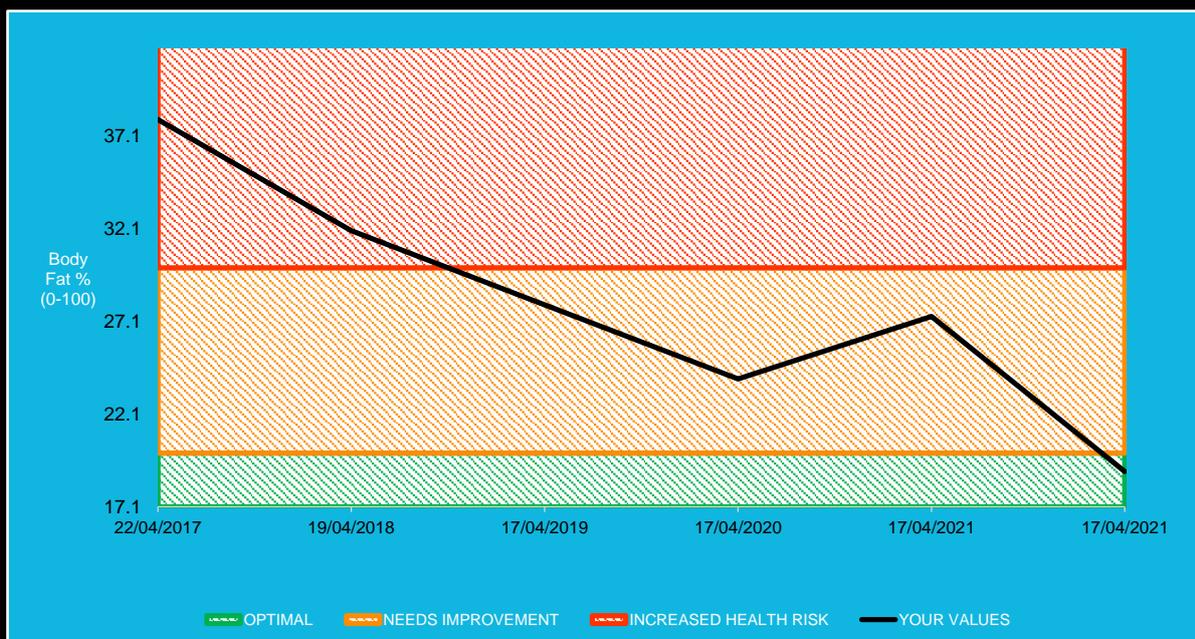
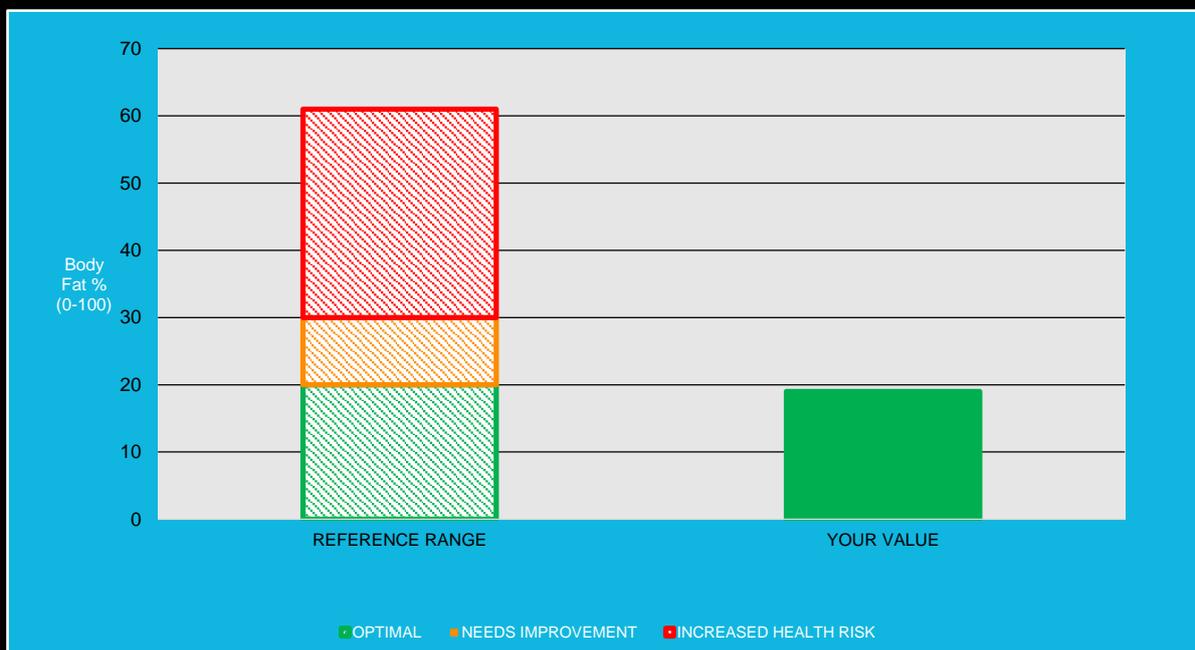


CLICK HERE FOR 5 WAYS TO IMPROVE YOUR BODY SHAPE RATING NOW:

[HTTPS://WWW.HEALTHANDFITNESSSTESTING.NZ/RESOURCES/BODYSHAPERATING/](https://www.healthandfitnessstesting.nz/resources/bodyshaperating/)

## BODY FAT %

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<20	19
NEEDS IMPROVEMENT	20 - 30	
INCREASED HEALTH RISK	>30	

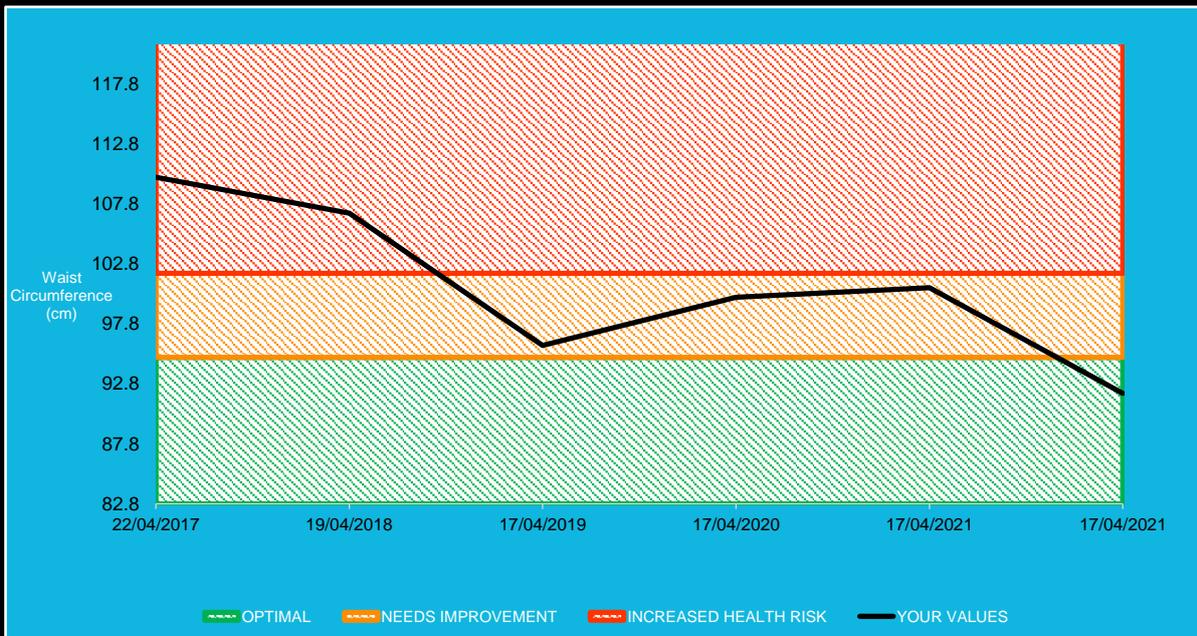


CLICK HERE FOR 5 WAYS TO IMPROVE YOUR BODY FAT % NOW:

[HTTPS://WWW.HEALTHANDFITNESSTESTING.NZ/RESOURCES/BODYFATPERCENTAGE/](https://www.healthandfitness-testing.nz/resources/bodyfatpercentage/)

## WAIST CIRCUMFERENCE

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<95	92
NEEDS IMPROVEMENT	95 - 102	
INCREASED HEALTH RISK	>102	

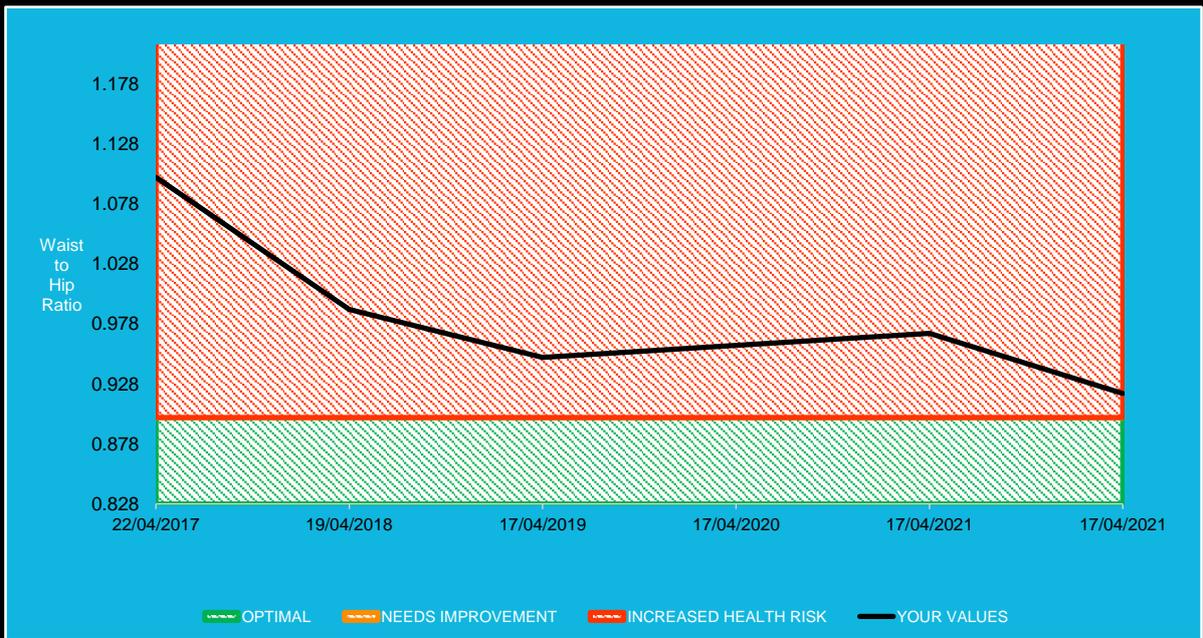
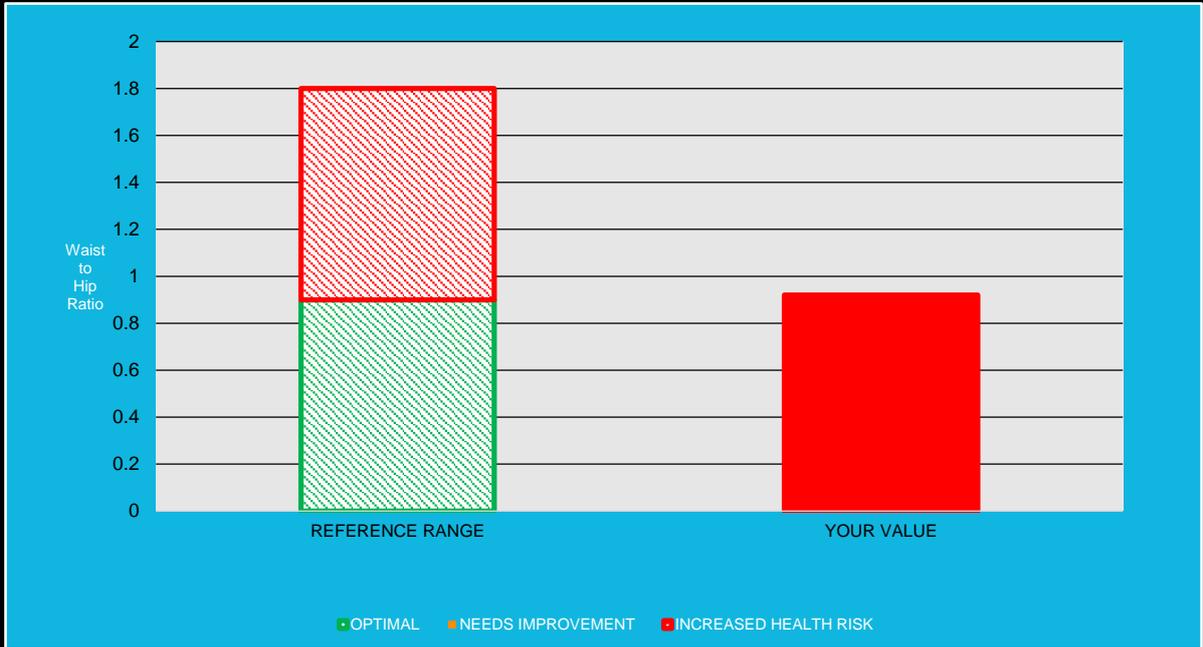


LEARN MORE ABOUT YOUR WAIST CIRCUMFERENCE HERE:

[HTTPS://WWW.HEALTHANDFITNESSSTESTING.NZ/RESOURCES/WAISTCIRCUMFERENCE](https://www.healthandfitnessstesting.nz/resources/waistcircumference)

## WAIST TO HIP RATIO

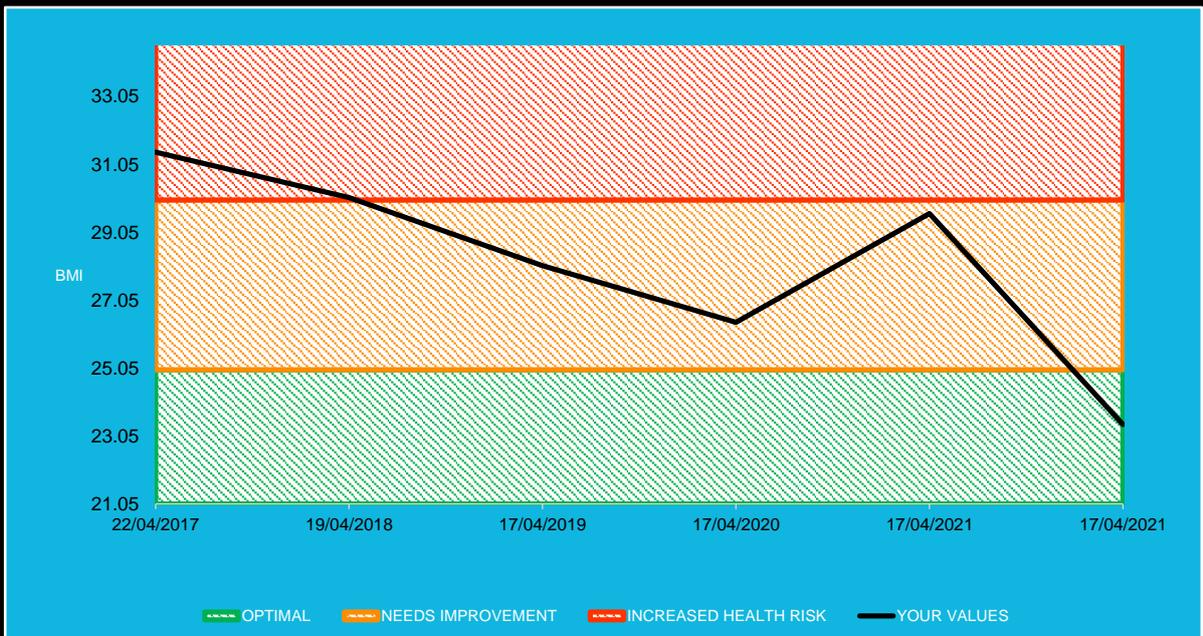
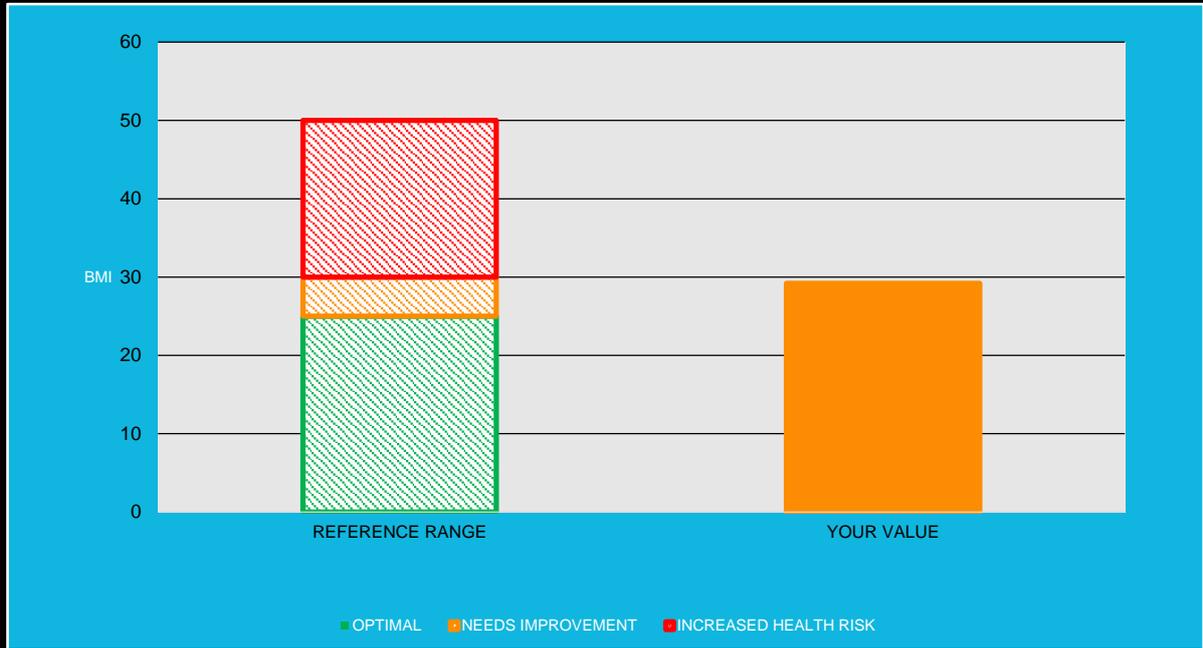
	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<0.9	
NEEDS IMPROVEMENT	0.9 - 0.9	
INCREASED HEALTH RISK	>0.9	<b>0.92</b>



**LEARN MORE ABOUT YOUR WAIST TO HIP RATIO HERE:**  
[HTTPS://WWW.HEALTHANDFITNESSSTESTING.NZ/RESOURCES/WAISTTOHIPRATIO](https://www.healthandfitnessstesting.nz/resources/waisttohipratio)

## BMI

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<25	
NEEDS IMPROVEMENT	25 - 30	29.2
INCREASED HEALTH RISK	>30	

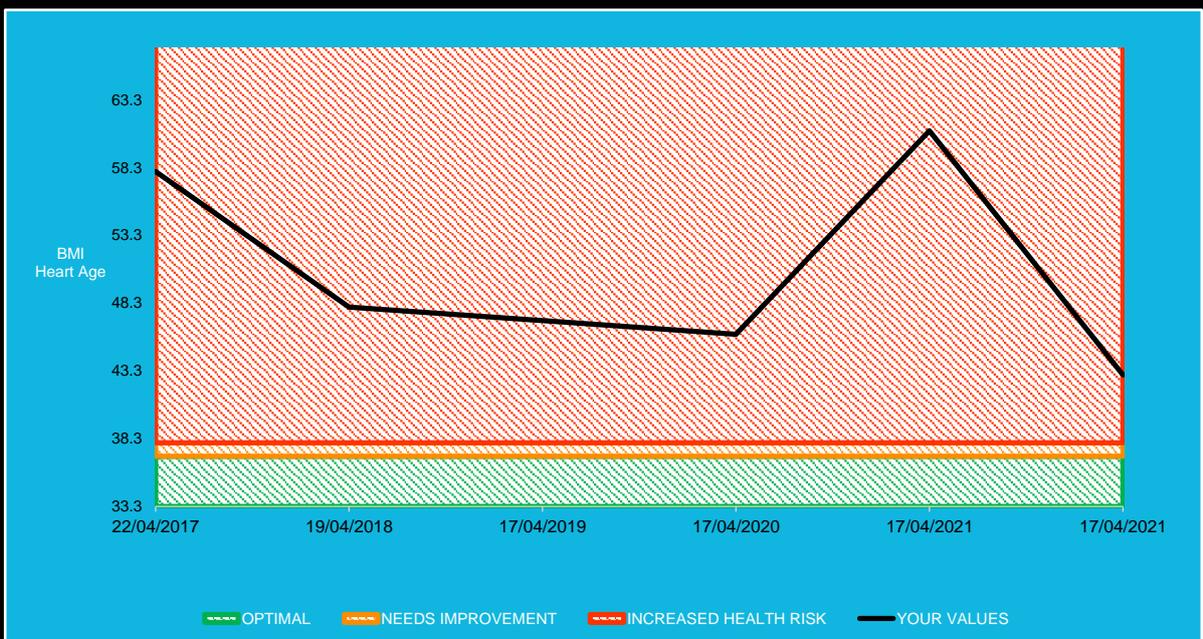
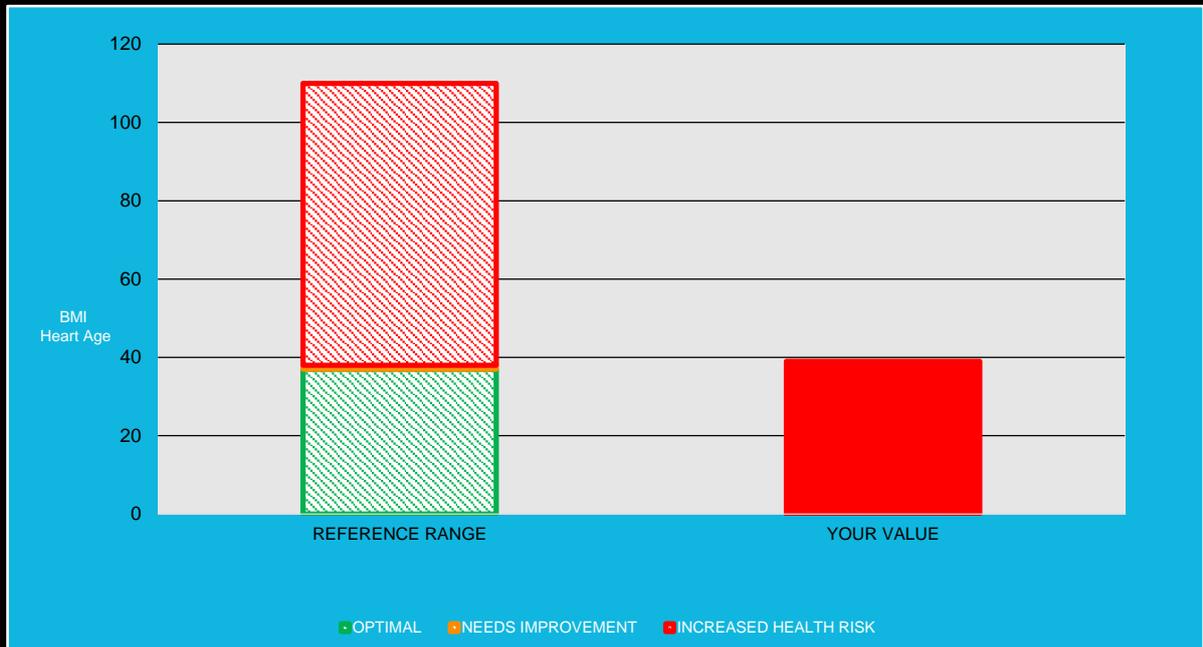


LEARN MORE ABOUT YOUR YOUR BMI HERE:

[HTTPS://WWW.HEALTHANDFITNESSTESTING.NZ/RESOURCES/BMI](https://www.healthandfitness testing.nz/resources/bmi)

## BMI HEART AGE

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<37	
NEEDS IMPROVEMENT	37	
INCREASED HEALTH RISK	>37	<b>39</b>

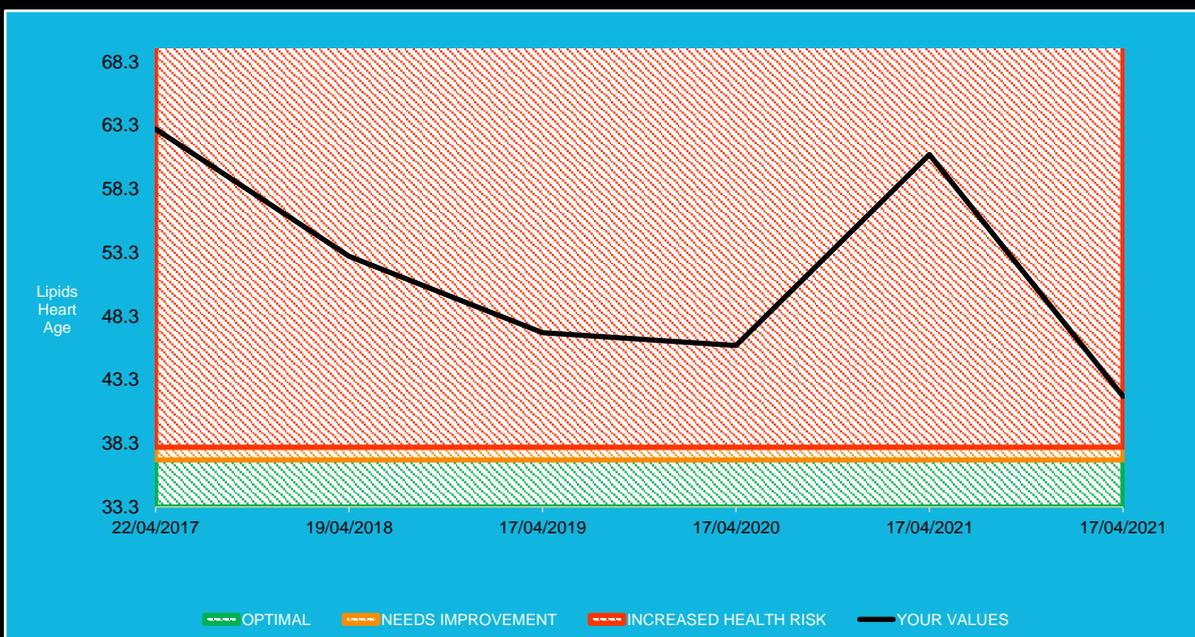
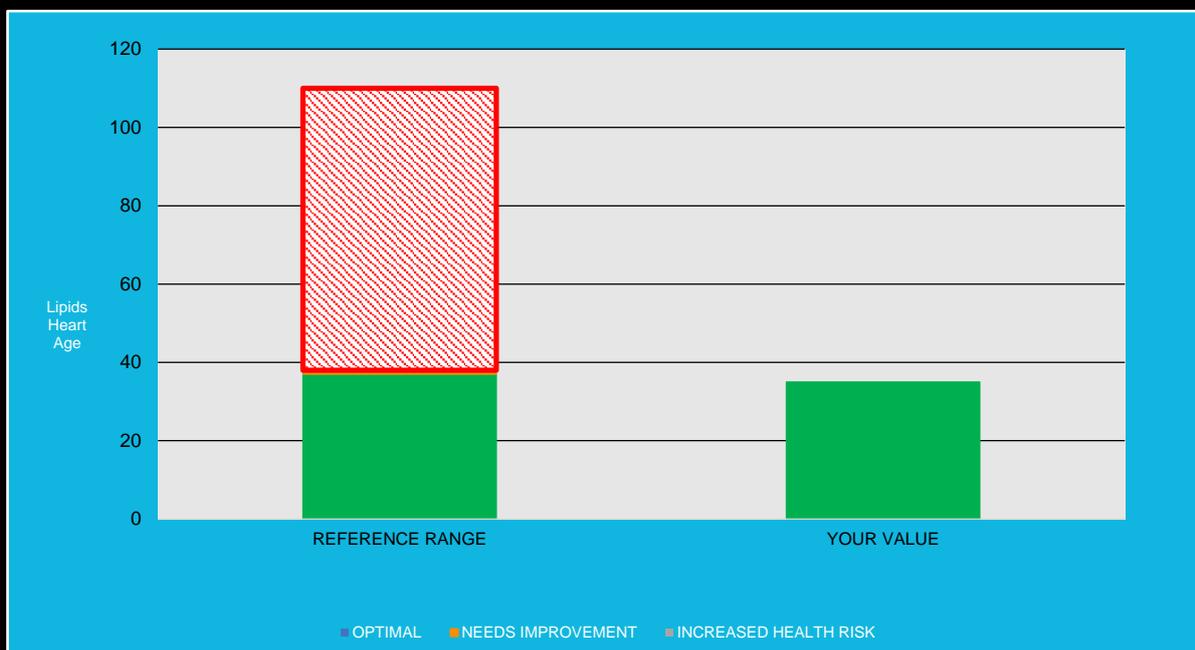


LEARN MORE ABOUT BMI HEART AGE HERE:

[HTTPS://WWW.HEALTHANDFITNESSTESTING.NZ/RESOURCES/BMIHEARTAGE/](https://www.healthandfitness testing.nz/resources/bmiheartage/)

## LIPIDS HEART AGE

	REFERENCE RANGE	YOUR VALUE
OPTIMAL	<37	35
NEEDS IMPROVEMENT	37	
INCREASED HEALTH RISK	>37	



LEARN MORE ABOUT LIPIDS HEART AGE HERE:

[HTTPS://WWW.HEALTHANDFITNESSTESTING.NZ/RESOURCES/LIPIDHEARTAGE/](https://www.healthandfitness testing.nz/resources/lipidheartage/)

## POSTURE

Providing you stood still during your Fit3d Body Scan you will receive a Static Posture Report. The results of your posture report will be emailed you. This can take up to 3 days. Once you receive the email, your results will also be uploaded to your Fit3d Dashboard and viewed 24/7 by logging in at: [www.fit3d.com](http://www.fit3d.com)

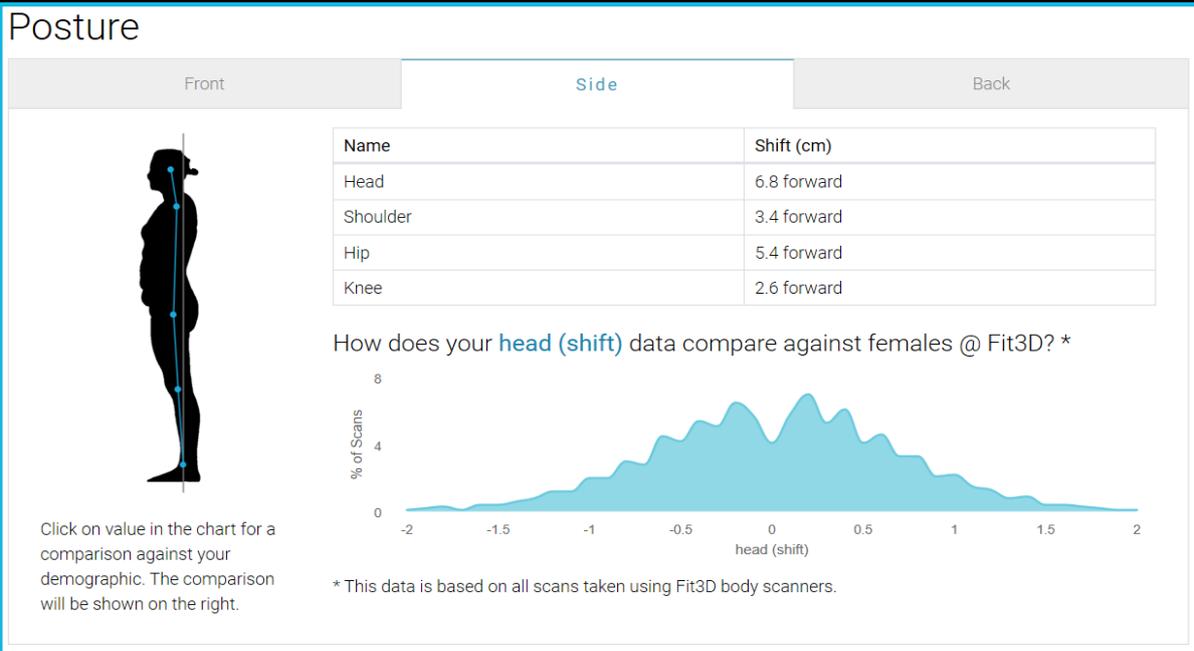
Experience has found that only the Side-On View is valuable on a one-off Fit3d Posture Report. The front and back views become more valuable once you have had several re-scans. From these re-scans you can look for patterns that occur over time and thus create prevention exercises and activities based on these patterns. We have created a 5- minute video to help you interpret your Side-on Posture report, including tips. You can check this out here: <https://www.healthandfitnessstesting.nz/resources/posture/>

If you would like further physical assessment of your posture or imbalances in your body, you can book a 1:1 assessment with our director. Peter is a Physiotherapist. You can book an appointment with him via email:

[peter@healthandfitnessstesting.nz](mailto:peter@healthandfitnessstesting.nz)

Assessment can be performed in person in Wellington or via Zoom

Below is a sample of a side on posture report.



LEARN MORE ABOUT POSTURE HERE:

[HTTPS://WWW.HEALTHANDFITNESSTESTING.NZ/RESOURCES/POSTURE/](https://www.healthandfitnessstesting.nz/resources/posture/)

## CORPORATE HEALTH TESTING AND REFERRALS

We are a NZ-owned small business, desperate to PREVENT PREVENTABLE HEALTH PROBLEMS before they become an issue. If you have a friend or partner who's business you think would benefit from our services, we would be grateful if you passed on our directors details. You never know, you may even help save a life! peter@healthandfitnesstesting.nz

## MOTIVATION AND RE-TESTING

If you are wanting to use our testing as motivation towards better health, the most effective way is to print out your Report Summary Page (or your 3d image) and pin it somewhere that you will see every day e.g. your fridge. Write down the date that you next plan to be tested and COMMITT to improving your results. If you are Wellington-based you can be re-tested in our testing lab in Wellington CBD whenever you like. If you were tested outside of Wellington please ask your coach or wellness coordinator when we will be back testing at your organisation.

## FOLLOW UP CONSULT AND FEEDBACK

We appreciate that our consultations can be quite brief. Therefore we would like to offer you a free follow up call. If you would like to discuss your results further please email our director to arrange this call. We would also appreciate any feedback you may have - we continually use feedback to better our service to you. Our directors email is peter@healthandfitnesstesting.nz

## ADDITIONAL FIT3D BODY SCAN RESOURCES

To learn more about Fit3d, how to access the 'Additional Measurement Section' and more, check out this link:  
<https://www.healthandfitnesstesting.nz/resources/category/fit3d-body-scan-resources>

## TERMS AND CONDITIONS AND DISCLOSURES

Please Read: Health and Fitness Testing NZ Limited (HFTNZ), its owner(s), its director(s) and its employee(s) do NOT diagnose medical conditions and cannot be relied on as such. All information contained in this report is provided for educational purposes only. This information should not be used to diagnose or treat any health problem or disease and this information alone is not an indication of good or poor health. THIS INFORMATION IS NOT INTENDED TO REPLACE CLINICAL JUDGMENT OR GUIDE INDIVIDUAL PATIENT CARE IN ANY MANNER. HFTNZ strongly recommends that customers should speak to their GPs and/or other health care providers if they have any questions or concerns regarding their health or the results of the tests provided by HFTNZ.

The optimal ranges, guidelines, and recommended ranges in this report are developed by companies external to HFTNZ. The Fit3D ProScanner, HbA1c (diabetes indicator), and cholesterol analyser machine are developed by companies external to HFTNZ. HFTNZ takes no responsibility for any inaccurate results or omissions that occur as a result of equipment failure or any other reason. While HFTNZ will do its best to ensure that the optimal ranges and recommended ideals set out above are up to date, accurate and in accordance with best practices, these ranges and ideals may be out of date, inaccurate and/or not in accordance with best practices from time to time.

For Fit3D's terms and conditions, please refer to their website at:  
<https://fit3d.com/>

For HFTNZ's terms and conditions please view this link:  
<https://www.healthandfitnesstesting.nz/tc/>

