



Evolving
Vitality

Screening Info

Name: John Presentation
Screen: Jan. 19, 2026, 10:35 a.m.
Gender: Male
D.O.B: Dec. 20, 1946

Evolving Vitality, 2 Brunswick House 5-6 West Park Harrogate HG1 1BL
<https://www.evolvingvitality.org>

Measure	Threshold	Value	Comment
Glucose		4.8	Optimal. Optimal range 4.5-5.4
Triglycerides		1.3	Triglycerides are a type of fat found in your blood. They are used for energy, storing any excess calories in fat cells. Caused by over eating, excess sugar, excess gluten, grains, refined carbohydrates, fruit juices, high glycaemic fruits and vegetables and hydrogenated oils. alcohol and obesity. Yours are slightly high and there is a need to change your food and lifestyle. Optimal Range is 0.79 - 1.24.
Insulin Resistance		4.6	A high Insulin Resistance level is associated with increased inflammation affecting circulation, muscle stiffness, blood sugar irregularities, brain fog, creating unexplained fatigue. A change in food and lifestyle is highly recommended. A high protein, low-glycaemic index diet is recommended. Plenty of exercise and reduced alcohol intake can be beneficial. Optimal Range is 4.01 - 4.50.
ECG			Optimal.
Total Body Weight		82.3	Your total body weight
BMI		27.5	Optimal range 18.5-25.
Fat Mass Male		25.2	Optimal range 11-21 Your reading is above optimal. Fat Mass = Body Weight minus the Lean Muscle Mass, which includes Total Body Water. Please try to follow the recommendations in our "Intro to Wellness" booklet as closely as you can for best results.
Total Body Water		53.9	Optimal. Optimal range 45-65.
Lean Muscle Mass		58.5	Optimal. Optimal range 41-59
Right arm muscle mass		3.5	
Left arm muscle mass		4.9	
Trunk muscle mass		33.0	
Right leg muscle mass		9.1	
Left leg muscle mass		9.0	
Body Type			PR2. You seem to have a healthy body type based on physical appearance. However, you have a slightly high body fat percentage with low muscle mass level.
Bone Mass		3.1	Optimal. Optimal range 2.2-3.2
Basal Metabolic Rate		1775	Optimal. Optimal range 1400-2099
Metabolic Age		62	Optimal. Your metabolic age is equal to or lower than your actual age.

Visceral Fat



Optimal range under 6.5. Your reading is above optimal, an excess of visceral fat.

Visceral fat is the fat that surrounds the vital organs in the abdominal area. As you get older, eating excessive amounts of carbohydrates and sugar change the distribution of fat and it is more likely to shift to the abdominal area. **Check Glucose, Uric Acid and Cholesterol, if all HIGH there's a pre-disposition for pre-diabetes and diabetes. It's essential that you make changes to your diet and lifestyle, follow the recommendations in our "Intro to Wellness" booklet. Ensuring you have healthy low levels of visceral fat may reduce the risk of many illnesses such as heart disease, high blood pressure and the onset of type 2 diabetes.

Disclaimer: The fitness & lifestyle screening is an assessment service indicating certain findings at the time of assessment. We would remind you that this is not a medical or diagnostic service. As your assessment results may be affected by nicotine, medication, alcohol, caffeine, certain foods, stress, pregnancy or other factors, any results indicated should not be regarded as conclusive. Should you have any concerns we recommend you consult your medical professional.

We believe that people are at their best when all their results fall in the optimal range, which is a narrow band within what is classed as the normal range in mainstream diagnoses. Recommendations that are generated as part of our assessment based on your results are offered to help you get all your readings into this optimal range. The vast majority of our clients confirm that they do feel better once they get their results into and then maintain them in this optimal range.