



Evolving
Vitality

Screening Info

Name: John Presentation


Screen: Jan. 17, 2026, 3:58 p.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		5.6	Optimal range 4.5-5.4. Your reading is above optimal. Did you fast for 4 hours before the test? Used as an indicator of diabetes or pre-diabetes as it shows how the body handles sugar. A diet high in sugar and processed carbs generally gives an elevated glucose result and shows a pre-disposition for pre-diabetes and diabetes. Symptoms may include thirst, frequent urination, weight gain and excessive hunger. It's essential that you make changes to your diet, follow the recommendations in our "Intro to Wellness" booklet.
Triglycerides		1.8	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 high and there is a need to change your food and lifestyle. Optimal Range is 0.79 - 1.24.
Insulin Resistance		4.84	A high Insulin Resistance is associated with increased inflammation affecting circulation, muscle stiffness, blood sugar irregularities, 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.
Uric Acid Male		376	Optimal range 209-350. Your reading is above optimal, the body doesn't eliminate uric acid efficiently enough to counteract your diet. This usually indicates acidosis and inflammation in the body, the base of all disease. If not addressed it can bring pain and discomfort (gout), digestive disorders, food sensitivities, circulatory problems and more. A change of diet and lifestyle to reduce acidity is essential, learning breathing techniques will also be beneficial, follow the recommendations in our "Intro to Wellness" booklet. **If Uric Acid and Glucose are both high, it indicates a diet rich in processed carbs and sugars. **Check Fat mass and Visceral Fat scores to confirm.
Cholesterol		5.4	Optimal. Optimal range is 4.0-5.6
Saliva pH		6.0	The optimal range is 6.5-7.1. Your reading is below optimal. Your digestive enzymes work most efficiently between pH 6.5 and 7.1. As a general rule, a pH level below 6.4 inhibits the breakdown of protein and fats. **Check Urine pH, the greater the differential between the urine and saliva pH, the greater the digestive discomfort, usually leads to reflux.
Urine pH		6.0	Optimal. Optimal range 6.0-7.0
Urine Sodium		36.0	Optimal range 11-25. Your reading is above optimal. Sodium is a mineral used in every cell of your body and is especially important in muscle and nerve function. A high sodium result can be a sign of dehydration, eating too much convenience food, carbs, too much salt in your diet, too much stress or most likely, a combination of these. This leads to dry skin and hair, stiff muscles and many other symptoms. If the Urine is also dark, drink more water to flush the kidneys and alkalise the body but a change of diet is essential, follow the recommendations in our "Intro to Wellness" booklet.
Urine Clear/Sediments			Slightly cloudy. Visible sediments in the urine can be due to crystals of excess calcium or acid deposits being excreted from your kidneys. This can possibly cause discomfort in the kidney area of the lower back. Urine sediment usually indicates a weakness of stomach acid that prevents the break down of calcium. Gastric acidity and secretion play an important role in the intestinal absorption of calcium from ingested food or calcium salts. Undigested Calcium travels through the bloodstream where it should be removed by the liver, then the kidney and bladder, hence the sediments, then it comes out through the skin causing dry skin and hair, otherwise it dissipates down to the joints in your hands and feet. Anyone with sediments in the urine will, over time, develop stiff and knobby fingers; it's a sure sign of chronic weakness of stomach acid.

Urine Leucocytes		Optimal.
Urine Nitrites		Optimal.
Urine Urobiligen		Optimal.
Urine Protein		Optimal.
Urine Blood		Optimal.
Urine Hydration		Specific gravity is used to identify the amount of water present in the urine. You are dehydrated at the time of testing.
Urine Ketones		Optimal.
Urine Bilirubin		Optimal.
Urine Glucose		Optimal.
Bristol Stool Chart		Type 4, optimal. Soft and sausage-like with a smooth surface that passes easily is optimal.
Physical Stress 23		56 Optimal.
Mental Stress 23		52 Optimal. Your mental stress is balanced.
Stress Score 23		55 Optimal. You have a balanced overall stress score
Autonomic Nerve Balance 23		Optimal. You have good balance between sympathetic and parasympathetic autonomic nervous system.
Stress Resilience		76 Optimal.
Blood Vessel Classification		2 Optimal.
Blood Pressure Systolic		128 Optimal. Optimal range 110-144
Blood Pressure Diastolic		76 Optimal. Optimal range 71-91
Brachial Systolic BP - Comparison sitting to standing		Your reading is not optimal. Blood pressure should increase on standing, decreasing pressure shows orthostatic hypotension/uncoping stress. You can become dizzy on standing, have weakness in circulation which can affect performance both mentally and physically.
Pulse Comparison		Optimal.
Oxymeter, SpO2		97 Optimal range 98-100. Your reading is below optimal and your oxygenation is slightly low. **Check Peak Flow, if that's optimal, low SpO2 reading is the result of shallow breathing, breathing exercises can help.
Pulse Rate		67 Optimal. Optimal range 60-80
Temperature		36.9 Optimal. Optimal is 36.5-37.4
ECG		Optimal.
Peak Expiratory Flow Rate Male		510 Optimal. Optimal range 500-540
Total Body Weight		82.3 Your total body weight
BMI		25.2 Optimal range 18.5-25.
Fat Mass Male		46.0 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.
Lean Muscle Mass		58.5 Optimal. Optimal range 41-59

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
Visceral Fat		12.0 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.
Basal Metabolic Rate		1746 Optimal. Optimal range 1400-2099
Metabolic Age		62 Optimal. Your metabolic age is equal to or lower than your actual age.
Total Body Water		51.8 Optimal. Optimal range 45-65.

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.