

What is my Report Card telling me?



CARDIOVASCULAR FITNESS

Waist Circumference	This is a measure of central adiposity or how much mass you carry at your midsection. Carrying more weight around your middle increases your risk for cardiovascular disease and metabolic conditions (like diabetes).
Waist-to-Hip Ratio	This is also a measure of central adiposity, but it takes the size of your frame into consideration.
Blood Pressure	There is great variability in this number, and it does not appear that this snapshot of blood pressure predicts cardiovascular disease in senior athletes. Blood pressure should be monitored regularly over a period of time. Your score here is one moment in time in a rather uncontrolled setting. If your number is higher or lower than you expected you may want to start monitoring it more regularly to see if this number is consistent.
Heart Rate	Normal heart rates at rest range from 60-100. However, values are sometimes lower and still healthy in athletes who train intensely and may drop into the 50s or even high 40s at rest for some.
Oxygen Saturation	This number is the estimated percent of oxygen saturation in your blood and should be above 90 to exercise but typically stays above 95 in healthy adults.
BMI	This is a measure that estimates your body mass while considering your weight and height. This measure is not scored in the SAFE as it not the best predictor of health in athletes or older adults. It cannot account for a loss of height or for greater muscle mass. We use this number more for research purposes. Normal BMI is 18.5-24.9. In senior athletes we do not notice negative health trends until values are above 28.