

Results:

Blood Pressure

Normal Value: <120/80

Patients with hypertension: <140/90

Healthy Tigers alarm value: $\geq 160/100$

Cholesterol

****Cholestech LDX v3.40****
16 Jan 2023 10:05 A.M.
SAMPLE=Whole B.

Name/ID

TC=145	mg/dL
HDL=41	mg/dL
non-HDL=104	mg/dL
TC/HDL=3.5	
GLU=78	mg/dL

Total Cholesterol: <200

Healthy Tigers alarm value: >250

HDL:

Men: >40 (optimal >60)

Women: >50 (optimal >60)

Non-HDL goal:

<190 <160 <130

TC/HDL: <4.0

Glucose:

Fasting: <100

Non-fasting: <200

Healthy Tigers alarm value: >200

Body Composition



Weight

187.6



BMI

30.7



Body Fat %

33.7%



Muscle Mass

118



Physique Rating

6



Bone Mass

6.2



Visceral Fat

7.5



BMR

1679



Metabolic Age

48



Body Water %

42.7%

BMI: 18 - 25

Overweight: 25 - 30

Obese: >30

Healthy Tigers alarm value: ≥ 35