

Chris's Measurements Summary



You will need to use data on Chris's health data to complete the 'How are You Quiz' for him. Most of this will have been collected during the LifeLab day but any information you need for the quiz can be found below.

Measurement	Value
Blood pressure	110 systolic, 70 diastolic
Grip strength	25.9 kg
Flexibility	9 cm
Jump height	44 cm
Blood glucose	Normal
Height	158 cm
Mass	45 kg
BMI	18
Waist circumference	80 cm
Percentage body fat	21%
Peak flow	390 l/min
FVC	2.8 l

How are You Quiz Questions and Answers:
How are you feeling right now?
Mostly full of beans
Can run a little way
Feel fairly calm
Sleep fairly well
Feel quite lean
Feel fairly happy
What stops you taking care of yourself?
I don't know what to do
Who depends on you being healthy?
None of these
Apart from not getting ill, what are your top 3 health priorities?
Having more energy, feeling young, having a more active social life
Eating choices:
A - sugary drinks, A - chips, C - plain cereal, A- hard cheese, A - burger
How many servings of fruit and vegetables do you eat a day?
1-2
What snacks do you eat in a normal day?
Crisps and cakes
Drinking:
Never

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How are You Quiz Questions and Answers:
How much exercise do you get every day?
Monday - 20 minutes
Tuesday - 1 hour
Wednesday - 30 minutes
Thursday - 30 minutes
Friday - 1 hour
Saturday - 1 hour
Sunday - none
How much strengthening activity do you do?
Monday - none
Tuesday - 30 minutes
Wednesday - none
Thursday - none
Friday - none
Saturday - none
Sunday - none
Do you smoke?
No