

The Core Metrics that Matter

Please reach out to us for help assessing any of the below metrics [HERE](#)

Obesity

Indicator: Body weight/BMI

Ideal BMI (Body Mass Index) number: 20 to 25

Needs to be assessed in context of body composition (below)

Normal can actually be "skinny fat", not enough muscle mass.

Overweight can be "true" body builder types, does not apply to MOST people.

Body Composition

Indicator: DEXA or InBody Scan

Optimal body fat and lean muscle mass

Optimum Body Fat: Men: 10-14%, or less. Woman: 14 - 20% (child bearing a little more)

Resting Heart Rate

Indicator: Take heart rate in the morning, resting in bed.

Excellent cardiovascular condition: 35-50bpm

Blood Pressure

Indicator: Blood Pressure Monitor (at-home)

Lower than 120/80 mmHg

Blood Glucose

Indicator: Blood Glucose meter (at-home)

Ideally, morning fasted: 90 or less, but under 100, at a minimum.

HDL/Triglyceride Ratio (Cholesterol markers)

Indicator: Blood work

Triglycerides [divided by] HDL cholesterol

Optimum Ratio is under 1.5, ideal under 2.0

Other blood markers to be aware of Lp(a) and ApoB.

VO2 Max

Indicator: Needs to be lab-tested.

If you are doing sufficient cardio volume, with a proper mix of Zone 1/2 exercise, and high-intensity, this will be optimized.