

Health Screening

Lab Results		Normative Values
Pre-Exercise Heart Rate (bpm)	67	60-80
Blood Pressure (mmHg)	100/64	<120/<80 with exercise, systolic BP (first number) can reach up to 200. Diastolic BP (bottom number) either decreases or remains the same – it should NOT change by much

Interpretation of Results: This individual appears to be healthy. She has a good resting heart rate, indicating that the heart does not have to work excessively to deliver oxygen to the body. Resting blood pressure is also normal which indicates that blood is flowing well through arteries and veins in order to deliver oxygen to cells.