

**Risk Factors**

	<b>Medical Referral</b>	<b>Special Attention</b>	<b>Fit and Healthy</b>
<b>Resting Heart Rate</b>	>100	>90	<89
<b>Systolic BP</b>	>160	>140	<140
<b>Diastolic BP</b>	>100	>90	<90
<b>% Body Fat</b>	>40% female >30% Male	<10% or >30% Female <6% or >25% Male	10% to 30% female 6% to 25% male
<b>BMI</b>	30+ Kg/m2	24.9 to 29.9 Kg/m2	18.6 to 24.9 Kg/m2
<b>Total Cholesterol Cholesterol/HDL</b>			
<b>Smoking</b>	Heavy Smoker	>20/day	None Smoker
<b>Exercise</b>	No Exercise	<30 min exercise, 3-5 times/wk	>30min CV, 3-5 times/wk
<b>Age</b>		>45 male >55 female	<45 male, <55 female
<b>VO2 Max</b>		<25 female <30 male	>25 female, >30 male
<b>Medical History</b>		Any Family history of heart disease	
<b>Operations</b>	Heart	Any other operations	
<b>Conditions</b>	Heart Swollen Stroke Swollen Joints Abdominal Pain Phlebitis Cirrhosis Faintness or Dizziness	Alcoholism Anaemia Asthma Cancer Colitis Diabetes Pregnancy Epilepsy Mental Illness Thyroid Problems	Free of all conditions
<b>Medication</b>	Blood thinner Duiretic Insulin Nitroglycerin Digitalis Beta Blockers		None