

Result Levels

Tobacco/Nicotine

1. Proof of Dental Exam
2. One-on-One Consultation with the Fit 2 Live Director

Tobacco/Nicotine

GREAT	NO tobacco or nicotine
I	Smoke
II	Dip/Chew
III	E-Cig/Vape

Body Composition

BMI		-OR-	Waist-to-Height Ratio	
GREAT	26 or below		GREAT	50% and below
Elevated I	26.1-28	Elevated I	50.1-57%	
Elevated II	28.1-30	Elevated II	57.1-62%	
Elevated III	Over 30	Elevated III	Over 62%	

Blood Pressure

	Systolic (top number)	Diastolic (bottom number)
GREAT	130 or below	85 or below
Elevated I	131-139	86-89
Elevated II	140-160	90-100
Elevated III	Over 160	Over 100

Cholesterol

LDL		HDL		Triglycerides	
GREAT	130 or below	GREAT	40 and above	GREAT	200 or below
Elevated I	131-150	Acceptable I	35-39	Elevated I	201-300
Elevated II	151-160	Acceptable II	30-34	Elevated II	301-400
Elevated III	Over 160	Not acceptable	Below 30	Elevated III	Over 400

Blood Glucose/A1C

	Glucose	A1C (%) – <i>diabetics only</i>
GREAT	110 or below	7.0 or below
Elevated I	111-125	7.1-7.7
Elevated II	126-150	7.8-8.5
Elevated III	Over 150	Over 8.5