BLACK BELT HEALTH™

Master Your Health™

Performance Assessment

Client Name: Name
Date of Report: Date

Optimization Plan

Date of Report: Date
Client Name: Name
Date of Birth: DOB

Your health is the foundation of your life, and taking care of it is crucial for your overall happiness and wellbeing. We understand that you are committed to improving your health, and that's why we've developed an Optimization Plan that provides specific recommendations for enhancing your wellbeing.

This comprehensive report offers valuable insights into your current health status and offers practical strategies for achieving your goals. However, it's important to recognize that while the Optimization Plan provides guidance, it's up to you to take ownership of your health and implement the strategies and suggestions in the report.

Attachments

1. Dosing Schedule – Recommended Supplementation and Dosing
2. InBody 570 – Interpretation Guide
3. InBody 570 – Body Composition Results
4. Kinetisense – Neck ROM and Posture
5. Kinetisense – KAMS report
6. Kinetisense – Functional Planar Mapping Report
7. Lab Reports
8. Brain Map
9. Balance Exercises

Health and Lifestyle Goals

Setting goals that focus on improving our health and wellbeing is crucial for living a fulfilling life. At Black Belt Health™, we understand the importance of taking care of our bodies and minds.

By setting goals that prioritize our health, we can improve our physical fitness, mental clarity, and overall well being. Commit to setting achievable health goals and work towards them with discipline and dedication, because a healthy body and mind are essential for mastering life.

You ranked your current health overall as **excellent** and indicated the areas of health that you would like to improve was with **improving joints and weight loss** being your priorities:

1.   Lose Weight

2. Improve Blood Work

3.   Prevent Problems

4.   Sleep Better

5. Anti-aging Support

You ranked your current health as **+4 (I feel active energetic and fit)** and stated that you would like to get to a **+5 (I feel great and i am proactive about my health).**

Laboratory Testing

Appearances can often be misleading, particularly when it comes to gauging one's fitness levels. That's why at Black Belt Health™, we trust laboratory testing to give us an accurate assessment of our clients' physical wellbeing.

We don't settle for the standard "disease care" testing; we prioritize optimal function. This is why we conduct a comprehensive range of tests to determine our clients' health status. Below, we have provided a general summary of the results of your testing. A full copy of all reports will be provided.

During your consultation with your Black Belt Provider, these points will be covered in greater detail.

* The dosing schedule is attached, so you are aware of the dosages and timeframes for the recommended supplements.

Micronutrient Test

The Micronutrient test is an all-encompassing analysis of your nutritional status. It measures functional deficiencies at the cellular level and assesses how well your body is utilizing 31 essential vitamins, minerals, amino/fatty acids, antioxidants, and metabolites. This helps determine the body's requirements for these micronutrients, which are vital for producing enzymes, hormones, and other substances necessary for proper growth, development, and good health.

The following are areas of concern:

FUNCTIONAL DEFICIENCIES	BORDERLINE DEFICIENCIES

OMX™ / Organic Metabolomics

Organic metabolomics testing is a type of diagnostic test that analyzes the overall metabolic activity of organic compounds in the body. It involves identifying and measuring the various metabolites in blood or urine. This type of testing can provide valuable insights into how the body is functioning metabolically such as with stress and mood, toxic impacts, vitamins, energy production and more. It is a new innovative way to get a better understanding of overall health.

CATEGORY	Reference Range %
Metabolic Processing	
Amino Acid and Protein Metabolism	
Nutrition	
Stress and Mood	
Toxic Impacts	
Microbial Metabolites	

Percent of Markers Beyond the Reference Range

0-20%	21-60%	61-100%
Minimal	Moderate	High
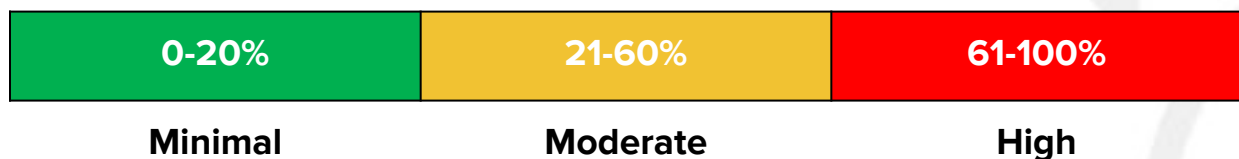
GI Map© / GI Microbial Assay Plus

Research overwhelmingly indicates that gut health impacts overall health. The gut microbiome plays a critical role in mediating the effects of diet and other factors on health, including digestive, immune, metabolic, and neuroendocrine functions.

The GI-MAP© stands out in the realm of comprehensive stool testing because of its exclusive use of quantitative polymerase chain reaction (qPCR) technology. This testing method targets the specific DNA of the microorganisms being tested, allowing for the detection of parasites, bacteria, fungi, and other substances with precision and accuracy.

The following are areas of concern:

TYPE	RELATION	RESULT	RANGE
Streptococcus spp.	Dysbiotic & Overgrowth Bacteria		
Methanobacteriaceae	Commensal Overgrowth Bacteria		
Secretory IgA	Intestinal Health Markers – Immune Response		
Akkermansia muciniphila	Keystone Bacteria		

BBH Optimization Panel

Black Belt Health's Optimization Panel includes a Complete Blood Count, Comprehensive Metabolic Count, Hormone Panel, Thyroid Panel, Inflammatory Markers, and more.

Functional Range vs. Disease Range. Functional ranges are used to assess blood test results and determine whether they fall within the ideal range for a healthy individual. Disease ranges, on the other hand, are used to identify abnormal values that may indicate the presence of a specific disease or condition.

Black Belt Health Providers are trained to optimize blood test results by giving specific nutritional and fitness related strategies.

The following are areas of concern:

Complete Blood Count

TEST NAME	TESTING	REF RANGE	FUNCTIONAL RANGE	RESULT	LEVEL
RBC Count (Male)	Adequate oxygen delivery	4.5-5.5 m/UL	4.2-4.9 m/UL		
WBC Count	Immune System Function	4.5-11.0 K/UL	5.0-8.0 K/UL		

Comprehensive Metabolic Panel

TEST NAME	REF RANGE	FUNCTIONAL RANGE	RESULT	LEVEL
Glucose (Fasting)	70-99 mg/dl	85-100 mg/dL		
Hemoglobin A1c	4.2-5.6 ug/dl	4.2-5.3 ug/dl		

Lipid Panel

TEST NAME	REF RANGE	FUNCTIONAL RANGE	RESULT	LEVEL
Total Cholesterol	< 200 mg/dl	< 200 mg/dl		
LDL Cholesterol	< 100 mg/dl	< 100 mg/dl		
HDL Cholesterol (Male)	> 40 mg/dl	> 40 mg/dl		
Risk Ratio LDL/HDL	< 3.55	< 3.55		
Triglycerides	< 150 mg/dl	< 150 mg/dl		

Hormone Panel Results

TEST NAME	REF RANGE	FUNCTIONAL RANGE	RESULT	LEVEL
Testosterone	300-890 ng/dl	500-800 ng/dl		
SHGB	19.3-76.4 nmol/L	22-65 nmol/L		
Free Testosterone	47.0-244 pg/ml	54-208 pg/ml		

Inflammatory Markers

TEST NAME	REF RANGE	FUNCTIONAL RANGE	RESULT	LEVEL
CRP	1.0-3.0 mg/L	< 1.0 mg/L		
ESR (Male)	0-15 mm/hr	< 5 mm/hr		
Homocysteine	< 12 umol/L	< 7 umol/L		
PSA, Total	< 4.00 ng/ml	< 4.00 ng/ml		

QEEG (Quantitative Electroencephalogram)

The QEEG (Quantitative Electroencephalogram), or more commonly knowns as a **brain map**, is a non-invasive procedure that painlessly and safely measures brain *activity*. While other tests measure brain structure, brain mapping measures its *function*.

By measuring the electrical activity of the brain conditions such as ADHD, anxiety, depression, and cognitive decline can be identified. The Brain Map provides a comprehensive picture of the brain's activity and helps us tailor our Black Belt Health client's optimization plan to the individual's specific needs.

* The analysis of your Brain Map will be conducted during a dedicated consultation with our neurofeedback professional.

Emotional Well-Being Questionnaires

PHQ-SADS

The PHQ-SADS is a questionnaire that healthcare professionals or researchers use to assess a person's emotional well-being. It asks questions about different symptoms related to depression, anxiety, and other mental health conditions. By answering these questions, a healthcare provider can get a better understanding of a person's mental health and determine if they need treatment. It's a useful tool that can help people get the help they need and improve their quality of life.

SCALE	TOTAL SCORE	INTERPRETATION
PHQ-9 - Depression Scale	0	No Depressive Symptoms
PHQ-15 - Somatic Symptom Survey	0	No Somatic Symptoms
GAD-7 - General Anxiety Disorder	0	None to Minimal Anxiety

Maslach Burnout Inventory

How do you perceive your work? Are you exhausted? How capable are you of shaping your relationship to others? To what degree are you personally fulfilled?

The Maslach Burnout Inventory (MBI) is the most used tool to self-assess whether you might be at risk of burnout. To determine the risk of burnout, the MBI explores three components: exhaustion, depersonalization, and personal achievement.

SECTION	TOTAL SCORE	INTERPRETATION
Section A - Burnout	0	N/A
Section B - Depersonalization	0	N/A
Section C - Personal Achievement	0	N/A

While this tool may be useful, it must not be used as a scientific diagnostic technique, regardless of the results. The objective is simply to make you aware that anyone may be at risk of burnout.

Physical Testing

The Black Belt Health Performance Assessment's physical testing component is exceptionally comprehensive, encompassing long-term health risk assessments, body composition analyses, as well as functional movement and posture evaluations.

Cardiovascular Health and Peripheral Artery Disease (PAD) Assessments

Testing for chronic health risks is crucial as it enables early detection and intervention, thereby mitigating potential complications and improving overall long-term health outcomes.

Table 1: Vascular Health

TEST NAME	EXPLANATION	IMPRESSIONS
Carotid Artery Ultrasound	Noninvasive evaluation of blood flow through the carotid arteries, identifying risk of stroke and assessing cardiovascular health.	Did not Perform
AAA Screening	Detects presence of an enlarged or weakened aortic section within the abdomen, allowing for early detection and prevention of life-threatening complications.	Did not Perform
CT Calcium Cardiac Score	Measures amount of calcium deposits in the coronary arteries, providing an assessment of the individual's risk for heart disease.	Did not Perform

Table 2: Cardiac Health

TEST NAME	EXPLANATION	IMPRESSIONS
ECG (Electrocardiogram)	Records electrical activity of the heart, detecting abnormalities or irregularities, and aiding in the diagnosis of heart conditions.	Normal ECG

Table 3: Other Tests and Reference Ranges

TEST NAME	EXPLANATION	REF RANGE	RESULT
Blood Pressure	Monitors adequate blood flow and oxygen delivery to organs and tissues, lowering the risk of developing cardiovascular diseases, kidney damage, and other health complications.	Normal: <120/80 High: 130-139/80-89 Hypertensive: >140/90	N/A
Sp02 (Oxygen Saturation)	Noninvasive measurement of oxygen levels in the bloodstream, providing an essential indicator of respiratory function, overall oxygenation, and breathing effectiveness.	Normal: 95-100%	N/A
Heart Rate (Beats per Minute)	Indicates efficient heart function, lowering the risk of cardiovascular diseases over time.	60-100 BPM	N/A
etCO2 (End Tidal CO2)	etCO2 refers to the measurement of the partial pressure of carbon dioxide (CO2) in a patient's exhaled breath at the end of a respiratory cycle.	35-45 mmHg	N/A
BrPM (Breaths per Minute)	Provides valuable information about respiratory health and cardiovascular fitness.	Normal: 12-20 BrPM Optimal: 6-10 BrPM	N/A
CO2 Tolerance Test	Assesses individual's ability to tolerate increased levels of CO2 in the bloodstream.	Excellent: > 45s Good: 25-45s Average: 10-24s Poor: < 10s	DNP
BOLT Test	Gauges individual's breath-holding capacity, providing insights into respiratory efficiency and potential respiratory issues.	Excellent: > 40s Good: 25-40s Average: 10-24s Poor: < 10s	DNP

Heart Rate Variability Test

Heart Rate Variability (HRV) Test is a non-invasive assessment that measures the variation in time intervals between consecutive heartbeats. It is an essential indicator of overall cardiovascular health, autonomic nervous system function, and the body's ability to adapt to stress and recovery.

The reference ranges for HRV parameters depend on the specific measurement method and the population being studied. Generally, SDNN ranges from 30 to 150 ms, RMSSD ranges from 20 to 50 ms, and pNN50 ranges from 3% to 20%. However, these ranges can vary depending on the age, sex, and health status of the population being studied.

MEASURE	YOUR VALUE	UNIT
Mean Heart Rate		Beats Per Minute (BPM)
SDNN		milliseconds (ms)

* A 5-minute clinical setting measurement of HRV may not be representative of an individual's typical HRV because it only captures a snapshot of their ANS activity at a specific moment in time. Moreover, the measurement may be affected by the person's current emotional or physical state, which may not reflect their usual ANS activity.

InBody 570 Testing – Body Composition

Body composition analysis is crucial because it provides detailed information on the distribution of body tissues, such as fat and muscle mass, which are important indicators of overall health. By understanding body composition, individuals can develop targeted exercise and nutrition plans to improve their health and reduce their risk of chronic diseases.

The accurate and precise InBody 570 body composition analyzer provides standard outputs like Percent Body Fat, Skeletal Muscle Mass, and BMR, plus Total Body Water, Visceral Fat assessment, and other vital measurements.

Muscle-Fat Analysis

TEST NAME	RESULT	PERCENTILE
Weight		
Skeletal Muscle Mass		
Body Fat Mass		

* The 100% mark represents the healthy average for your height and sex. For example, a weight at 130% means you are 30% above average, while a bar at 70% indicates 30% below the healthy average for your height

Obesity Analysis

TEST NAME	HEALTHY RANGE	RESULT
BMI (Body Mass Index)	18.5 – 25	
% Body Fat	10-20%	
Visceral Fat Level	< 10	

Recommendations and Goals:

1.

Kinetisense Functional Movement Assessment

Black Belt Health™ uses a cutting-edge technology called Kinetisense 360™ that is revolutionizing the way range of motion, balance, posture, and functional movement is evaluated. This technology uses sensors and software to analyze and quantify movements in real-time, providing highly accurate and objective data on movement patterns, imbalances, and risk of injury.

Range of Motion

Maintaining a good range of motion or flexibility is important for overall physical health and well-being. It can improve posture, prevent injury, and enhance performance in physical activities.

Cervical Spine (Neck)

MOTION	NORMAL	RESULT	OVERALL SCORE
Flexion	50°		
Extension	60°		
Lateral Flexion (Right)	45°		
Lateral Flexion (Left)	45°		
Rotation (Right)	80°		
Rotation (Left)	80°		

Lumbar Spine (Lower Back)

MOTION	NORMAL	RESULT	OVERALL SCORE
Flexion	90°		
Extension	25°		
Lateral Flexion (Right)	25°		
Lateral Flexion (Left)	25°		

Balance

Balance issues are very problematic, especially as we age to prevent injuries and other risks associated from accidental falls. Although balance issues can stem from multiple causes, many times it is the connection from the body to the brain that has been diminished or lost. Therefore, balance training should be included into ALL workout routines to help restore the brain-body connection.

POSITION	OVERALL SCORE
Left Foot Down (Eyes Closed)	
Right Foot Down (Eyes Closed)	

* Simple routines, such as standing on one leg for 60 seconds can provide tremendous benefit. Purchasing a balancing board (wobble board, Bosu ball) can take it to another level, but isn't necessary. Yoga is highly recommended, since poses such as the "tree pose" require an adequate amount of balancing to perform.

Posture

Good posture is important for maintaining the proper alignment of the body's musculoskeletal system, which can prevent pain, discomfort, and injury. Poor posture can lead to a variety of health problems, including back pain, neck pain, headaches, and fatigue, and may also affect breathing and digestion.

Result:

Functional Movement

Functional movement refers to the way our body moves in everyday life and involves multiple muscle groups and joints working together. It is critical for our overall health and well-being. Proper functional movement enables us to perform daily tasks with ease, reduces the risk of injury, and improves athletic performance.

MOVEMENT	OVERALL SCORE	OUTCOME
Balance Index		
Flexibility Index		
Core Stability Index		
Dynamic Posture Index		
Lower Extremity Power Score		
Functional Asymmetry Index		
Susceptibility to Injury Index		

Maintaining lower body strength is crucial as we age for balance and daily activities like bending or climbing stairs. This program goes beyond basics, targeting individuals who want to push their bodies further, with lower body strength as one of the foundations.

# Final Impressions and Recommendations

Brain Health

The brain is arguably the most complex organ in the human body and recognized as the body's command center, influencing every aspect of life. The ability to clearly think, learn, and remember is an important component of high performers everyday activities.

Physical Function

Movement is a necessity when it comes to our health, but it isn't just about IF we move. Equally important is HOW we move. Functional movements are based on real-world situational bio-mechanics. They usually involve movements which place a demand on the body's core musculature and innervation.

Optimal Physiology

Physiology focuses on how organisms, organ systems, individual organs, cells, and biomolecules carry out the chemical and physical functions in a living system.
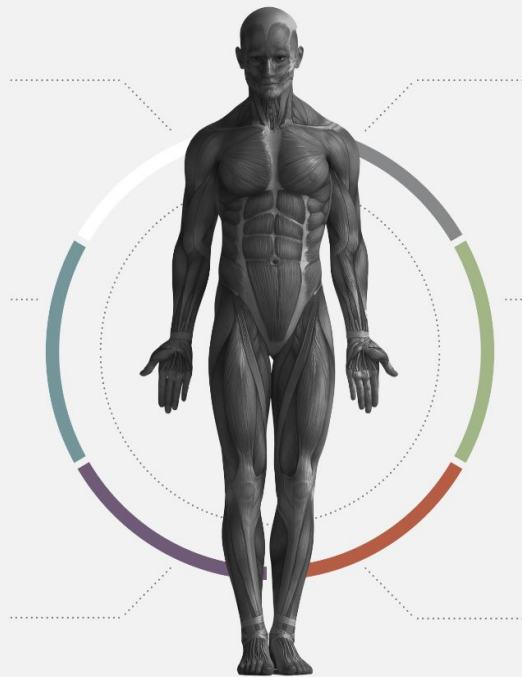
Emotional Well-Being

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. These are qualities that every high performer needs to possess but can be lost over time as the body loses its ability to adapt to the demands of a busy and stressful life.

Peak Performance Nutrition

How clear your mind operates or how well your body functions are dependent upon the type of fuel we put into our bodies. High performers have varying nutritional requirements and require an individualized approach to match their peak performance goals.

Body Composition Analysis

Body composition analysis can accurately show changes in fat mass, lean muscle mass, and body fat percentage. It describes your healthy weight more accurately and provides a better glimpse into your overall health than traditional methods like BMI & weight.

Recommendation #1 -

Recommendation #2 -

Recommendation #3 -

Supplement Recommendations:

SUPPLEMENT NAME	PURPOSE	DOSAGE	DURATION

End of Report

* Please note that the findings presented in Black Belt Health Assessment report are for peak performance purposes only and should not be considered as medical advice. The results are based solely on the tests conducted at the time of the examination and may not reflect your overall health or underlying medical conditions.

* It is important to note that achieving peak performance goals requires a proactive approach on the part of the client, including implementing lifestyle changes and following a personalized fitness and nutrition plan. Therefore, we recommend that you consult with your healthcare provider to develop a comprehensive plan that takes into account your individual needs and goals.