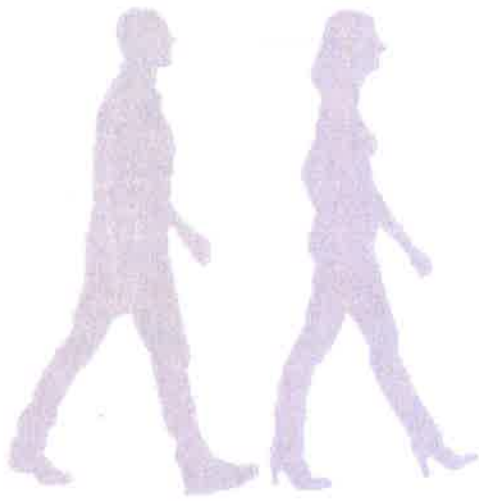
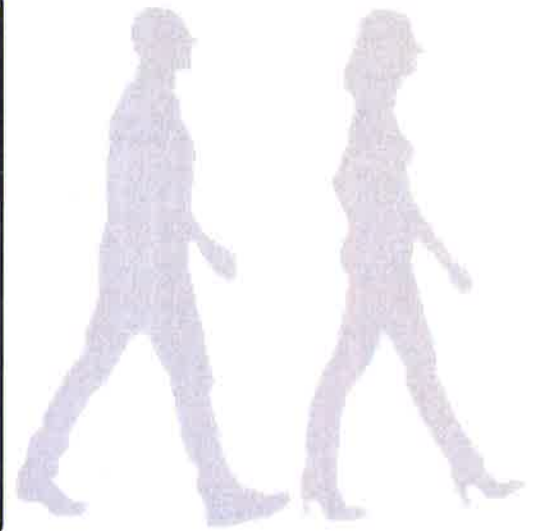


HOW IS MY HEALTH SCORE CALCULATED?

SCORED BIOMETRIC	CLINICAL VALUE	RISK STATUS	VALUE
Body Mass Index (BMI)	18.50 - 24.9	Ideal	16
	25.0 - 29.9	Low	12
	30.0 - 34.9	Moderate	8
	35.0 - 39.9; <18.5	High	4
	≥40.0	Very High	0
Waist Measurement	Men Women		
	≤40 in ≤35 in	Ideal	4
	>40 in >35 in	Very High	0
Blood Pressure	Systolic Diastolic		
	≤120 and ≤80	Ideal	20
	121 - 130 and ≤80	Low	15
	131 - 139 or 81 - 85	Moderate	10
	131 - 139 or 86 - 89	High	5
	≥140 or ≥90	Very High	0
Total Cholesterol:HDL Ratio	Men Women		
	<3.5 <3.4	Ideal	8
	3.5 - 4.2 3.4 - 3.9	Low	6
	4.3 - 5.0 4.0 - 4.4	Moderate	4
	5.1 - 7.3 4.5 - 5.7	High	2
	>7.3 >5.7	Very High	0
HDL Cholesterol	≥60	Ideal	4
	50 - 59	Low	3
	46 - 49	Moderate	2
	40 - 45	High	1
	<40	Very High	0
LDL Cholesterol	<100	Ideal	4
	100 - 129	Low	3
	130 - 159	Moderate	2
	160 - 189	High	1
	≥190	Very High	0
Triglycerides	<150	Ideal	4
	150 - 174	Low	3
	175 - 199	Moderate	2
	200 - 499	High	1
	≥500	Very High	0
Glucose	<100	Ideal	20
	100 - 109	Low	15
	110 - 119	Moderate	10
	120 - 125	High	5
	≥126	Very High	0
Nicotine	Negative	Ideal	20
	Positive	Very High	0



*Watch
Out for
Traffic*



WINGO

IS ON THE MOVE



Tracks to Success



3rd Floor Hallway End to End

9 Round trips = 0.5 Mile

**To COB + 2 Figure 8 laps +
1 small lap + Back to Wingo**

1 Mile

**To COB + 1 Figure 8 lap + to Mashburn +
To Farris + 2 lap in Farris + to Doyne +
to SC + back to Wingo**

2 Mile

FARRIS CENTER HAS AN ALTERNATE STAIR ROUTE THAT WILL
ADD AN ADDITIONAL 40 STEPS TO YOUR ROUTE PER LAP