



# Healthy Living



## Fitness Testing Comparison of Groups

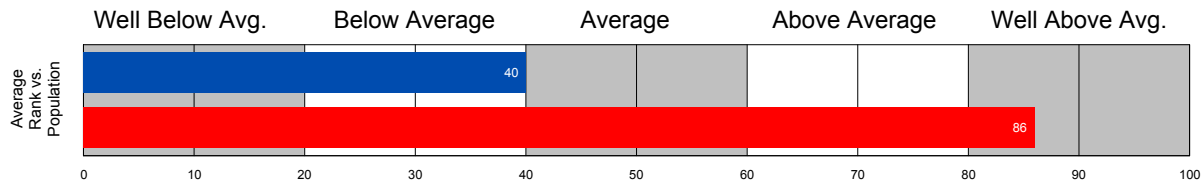
This report shows the average fitness test performances for all members of the groups 'Staff' and 'Students' so that they may be easily compared. Only the most recent fitness test for each participant is used in computing the averages. All results are shown using "Rank vs. Population" as the standard of measure so that all values can be placed in context. For example, a result of "60" means that the average score for the group was better than 59% of a sample, comparison population. For all tests, higher values are better.

Weight	Count	Value
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Staff	1	198.0 Lbs
Students	1	175.0 Lbs

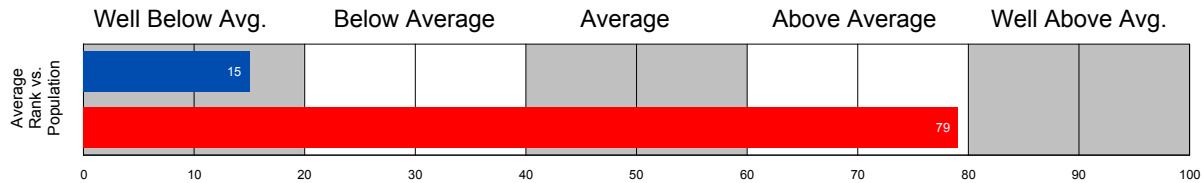
Jackson-Pollock 3-Pinch Fat #1	Count	Value	Rank/Rating	Lean Wt.	Fat Wt.
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Staff	1	17.7 %	40 / Average	163.0	35.0
Students	1	12.2 %	86 / Well Above Avg.	153.6	21.4



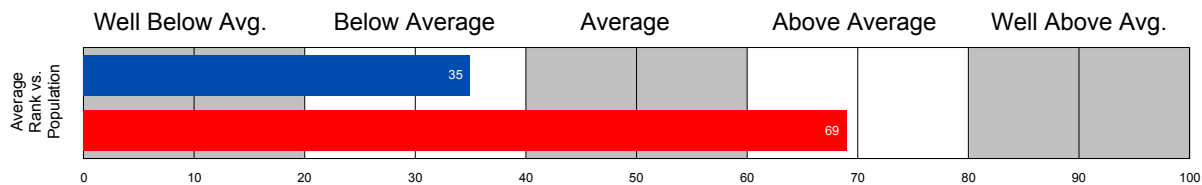
Astrand/ACSM/YMCA Bicycle PWC	Count	Value	Rank/Rating	Vol O2	Mets
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Staff	1	35.9 Mkm	15 / Well Below Avg.	3.2 l/min	10.3
Students	1	46.6 Mkm	79 / Above Average	3.7 l/min	13.3



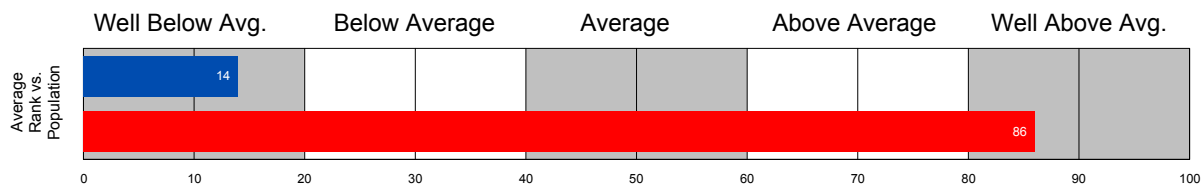
Partial Curl-Up	Count	Value	Rank/Rating
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Staff	1	22 Rep	35 / Below Average
Students	1	45 Rep	69 / Above Average



### Push-Up Test

	Count	Value	Rank/Rating
Staff	1	13 Rep	14 / Well Below Avg.
Students	1	30 Rep	86 / Well Above Avg.



### Sit-Reach Hip Flexion

	Count	Value	Rank/Rating
Staff	1	14.0 In	22 / Below Average
Students	1	17.0 In	57 / Average

