



Healthy Living



Fitness Assessment Summary Score for John Sample

Your summary score is an average of your performance versus the population on all ranked fitness tests. It provides an overall picture of your level of fitness. Scores range from 1 to 100.

Fitness Tests Over Time

Date	Score	Rating	Protocol	Administered By
12/7/03	75	Above Average	Fitness Analyst Basic	
9/28/03	66	Above Average	Fitness Analyst Basic	

Fitness Test: Weight

Body weight is an important measure of your health but it cannot stand alone. Any given weight can be healthy or otherwise depending on the balance of bodyfat to lean body weight. However, an important step in developing your fitness goals is to define a healthy weight level.

Date:	Test Result
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9/28/2003	175.0 Lbs
12/7/2003	175.0 Lbs
Goal	175.0 Lbs

Change in Weight: 0% increase

Fitness Test: Jackson-Pollock 3-Pinch Fat #1

Percent Bodyfat is an important measure of your total health. The human body is composed of lean body mass and fat tissue. Lean body mass is made up of bone, muscle, blood, organs, and connective tissue. Fat tissue, necessary for life and health, is nevertheless often stored in excessive amounts in many people. An important step in developing your fitness goals is to define a healthy weight level and bodyfat level.

Date:	Test Result	Rank	Rating	Lean Wt.	Fat Wt.
9/28/2003	14.7 %	76	Above Average	149.2	25.8
12/7/2003	12.2 %	86	Well Above Avg.	153.6	21.4
Goal	11.6 %	89	Well Above Avg.	154.7	20.3

Change in Bodyfat: -17% decrease

Change in Rank: 13% improvement

Recommendations:

Congratulations! Your bodyfat score was within the healthy range. You must be doing several things right! But just in case, let's review the 3 Basic Fat Burning Behaviors:

1. Keep moving. Regular aerobic activity is a terrific way to keep fat away.
2. Focus your food choices on complex carbohydrates (especially fruits and vegetables) and on lean proteins. Fatty foods and simple carbohydrates (sweets) tend to be very high in calories even in small packages.
3. Eat a healthy breakfast. Starting your day with a whole-grain breakfast makes you both mentally and physically sharper.

Fitness Test: Astrand/ACSM/YMCA Bicycle PWC

Cardiovascular capacity is a measure of your body's ability to use oxygen to perform work. High fitness levels are indicated by a low resting heart rate and the ability to perform sustained aerobic exercise at a high level. People with high levels of cardiovascular fitness generally benefit from a reduced risk of disease and greater enjoyment of life.

Date:	Test Result	Rank	Rating	Vol O2	Mets
9/28/2003	43.1 Mkm	63	Above Average	3.4 l/min	12.3
12/7/2003	46.6 Mkm	79	Above Average	3.7 l/min	13.3
Goal	54.0 Mkm	90	Well Above Avg.	4.3 l/min	15.4

Change in Vo2Max: 8% increase

Change in Rank: 25% improvement

Recommendations:

Congratulations! Compared with a sample population of a similar age and sex your cardiovascular score was above average. You are probably exercising regularly and watching your weight. To maintain this level of fitness or to continue to improve, be sure to get some form of aerobic exercise at least three times per week.

Note: Beware of overtraining. Training in the 80-85% range more than four times per week may become counterproductive. If you are not currently engaged in an exercise program or are considering a significant increase in frequency, duration or intensity of exercise, please consult with your physician or fitness professional first.

Fitness Test: Partial Curl-Up

High levels of muscular strength and endurance can help you in performing and/or enjoying many everyday tasks. It is also associated with a reduced risk or incidence of lower back pain when combined with a program of flexibility improvement.

Date:	Test Result	Rank	Rating
9/28/2003	40 Rep	64	Above Average
12/7/2003	45 Rep	69	Above Average
Goal	47 Rep	70	Above Average

Change in Curlup: 13% increase

Change in Rank: 8% improvement

Recommendations:

Congratulations! Compared with a sample population of a similar age and sex your overall strength assessment score was above average. You are probably engaged in strength training already. Keep up the good work!

Fitness Test: Push-Up Test

High levels of muscular strength and endurance can help you in performing and/or enjoying many everyday tasks. It is also associated with a reduced risk or incidence of lower back pain when combined with a program of flexibility improvement.

Date:	Test Result	Rank	Rating
9/28/2003	28 Rep	80	Well Above Avg.
12/7/2003	30 Rep	86	Well Above Avg.
Goal	32 Rep	90	Well Above Avg.

Change in Pushup: 7% increase

Change in Rank: 8% improvement

Recommendations:

Congratulations! Compared with a sample population of a similar age and sex your overall strength assessment score was above average. You are probably engaged in strength training already. Keep up the good work!

Fitness Test: Sit-Reach Hip Flexion

Flexibility is an integral part of overall musculoskeletal fitness. High levels of flexibility can help reduce the risk or incidence of lower back pain as well as the probability of injury in sports or other fitness activities. This sit and reach test, in particular, is a good index of flexibility in areas that can cause low back pain.

Date:	Test Result	Rank	Rating
9/28/2003	16.0 In	48	Average
12/7/2003	17.0 In	57	Average
Goal	18.7 In	75	Above Average

Change in SitFlex: 6% increase

Change in Rank: 19% improvement

Recommendations:

Compared to others of your age and gender, your flexibility results were average to above average. Flexible, supple joints are important for reducing your risk of injury and back problems. Take a few moments throughout the day to stretch. For example, you can get up from your desk and stretch on the hour. Stretching is one of the easiest activities to integrate into your day-to-day activities even if you are not in an active job.