



Healthy Living



Fitness Testing Summary for 'Needs Attention' Group

This report will capture the average fitness test performances for all members of the 'Needs Attention' group. For each participant in the group, only the most recent fitness test is used in computing the average. 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 the sample, comparison population. For all tests, higher values are better.

Weight

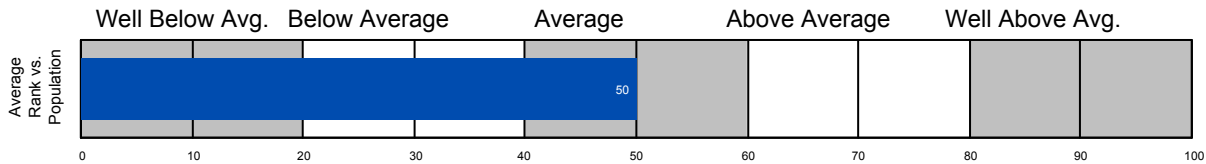
Count: 945

Avg. Result: 169.6 Lbs

Jackson-Pollock 3-Pinch Fat #1

Count: 939

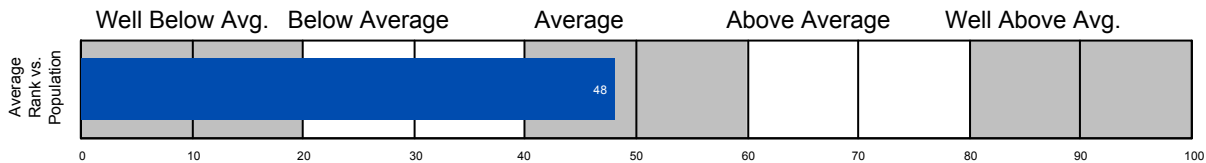
Avg. Result: 22.4 % Rank/Rating: 50 / Average Fat Weight: 131.0 Lean Weight: 38.8



Resting Heart Rate

Count: 939

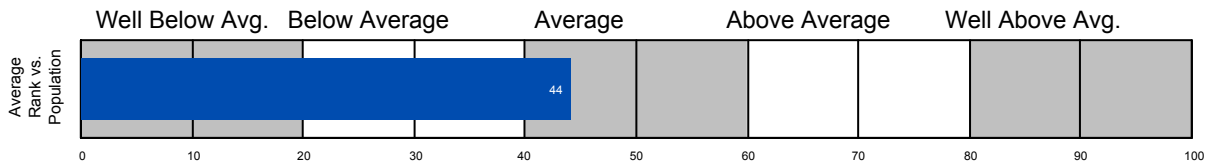
Avg. Result: 72 BPM Rank/Rating: 48 / Average



Siconolfi Step Test

Count: 936

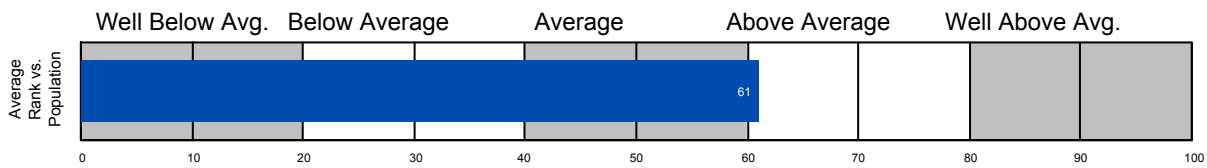
Avg. Result: 36.8 Mkm Rank/Rating: 44 / Average Vol O2: 0.0 l/min Mets: 10.5



Partial Curl-Up

Count: 927

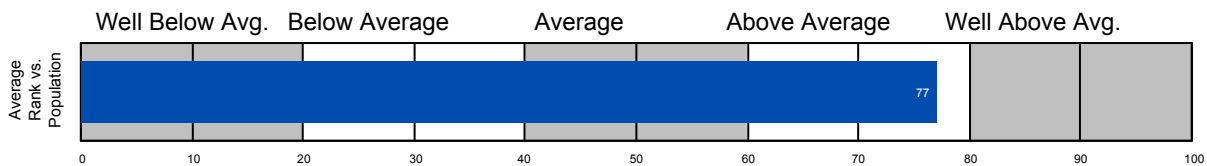
Avg. Result: 40 Rep Rank/Rating: 61 / Above Average



Push-Up Test

Count: 926

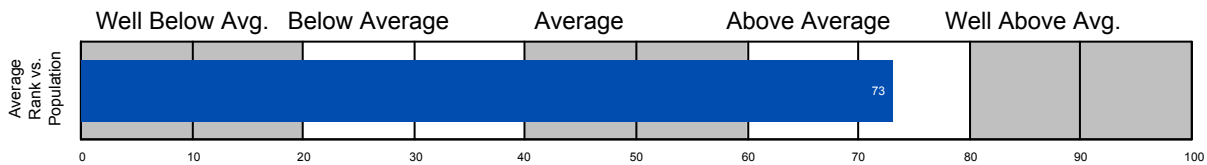
Avg. Result: 32 Rep Rank/Rating: 77 / Above Average



Sit-Reach Hip Flexion

Count: 940

Avg. Result: 23.4 In Rank/Rating: 73 / Above Average



Reach-Over Shoulder

Count: 936

Avg. Result: 7 Cm Rank/Rating: 57 / Average

