



# Healthy Living



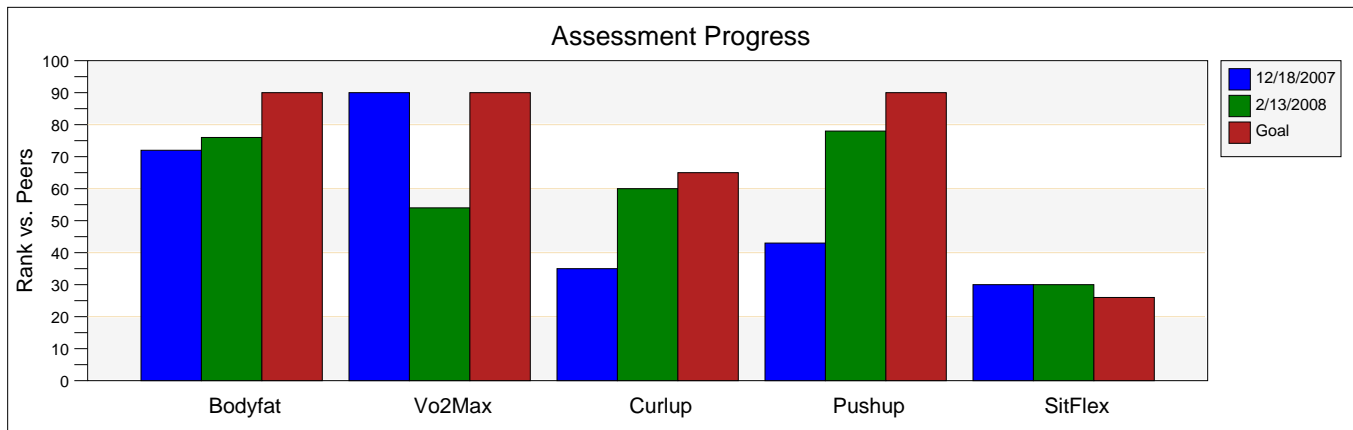
## Assessment Results for John Sample

### Fitness Assessment Summary

Your summary score is an average of your performance 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
12/18/2007	54	Average	Fitness Analyst Basic	System Administrator
2/13/2008	59	Average	Fitness Analyst Basic	System Administrator



### 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	Weight
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2/13/2008	190
2/13/2008	120
<b>Goal</b>	190

**Change in Weight: -70 lbs / 37% Lower**

## 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	Result	Rank	Rating	Lean Wt.	Fat Wt.
2/13/2008	11.3	72	Above Average	106.4	13.6
2/13/2008	10.4	76	Above Average	170.3	19.7
<b>Goal</b>	10.5	90	Well Above Avg.		

**Change in Value: -1 % (8% Lower)**

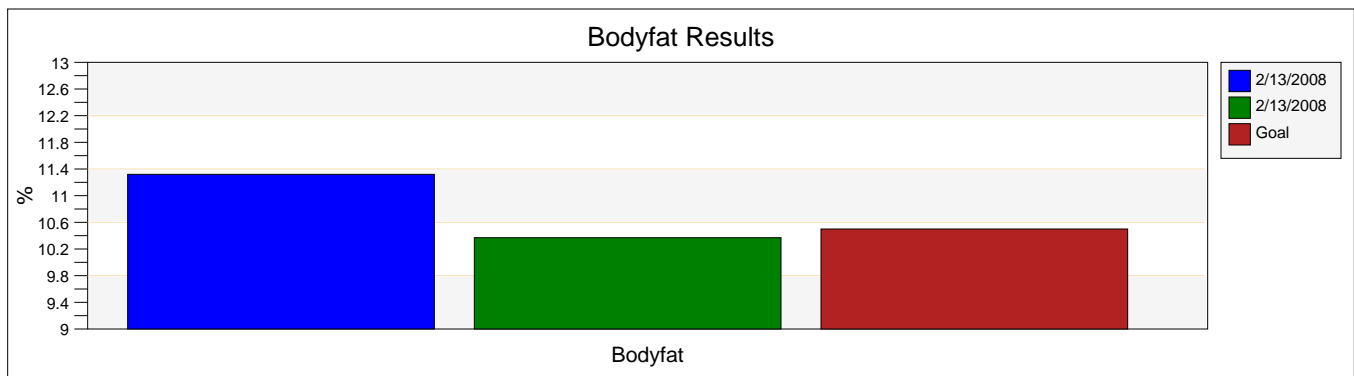
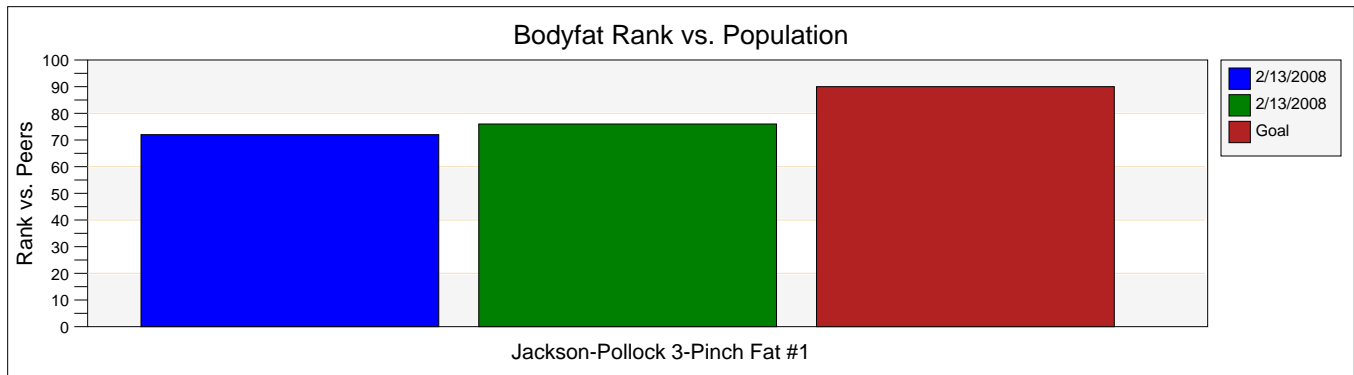
**60% Higher**

**45% Higher**

### 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.

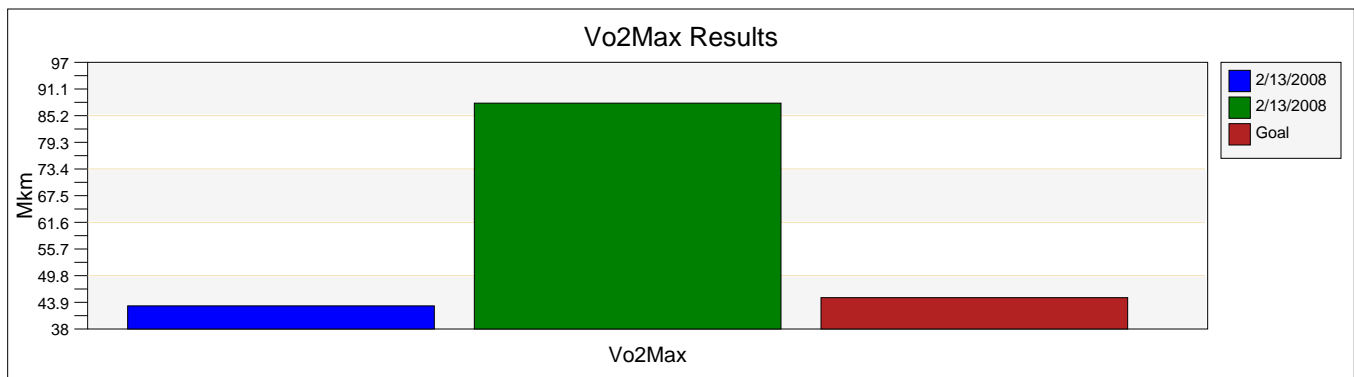
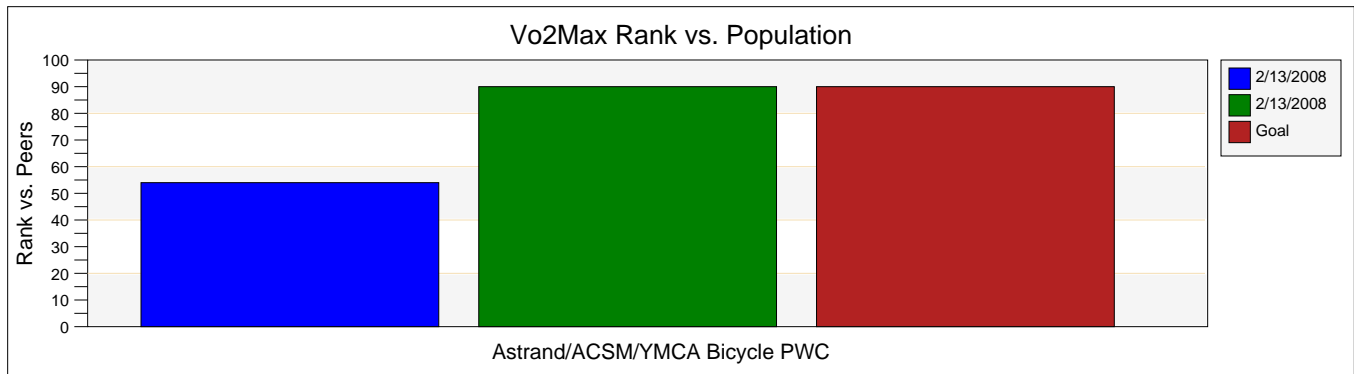
Date	Result	Rank	Rating
2/13/2008	43.1	54	Average
2/13/2008	88	90	Well Above Avg.
<b>Goal</b>	44.9	90	Well Above Avg.

**Change in Value: 44.9 Mkm (104% Higher)**

### 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

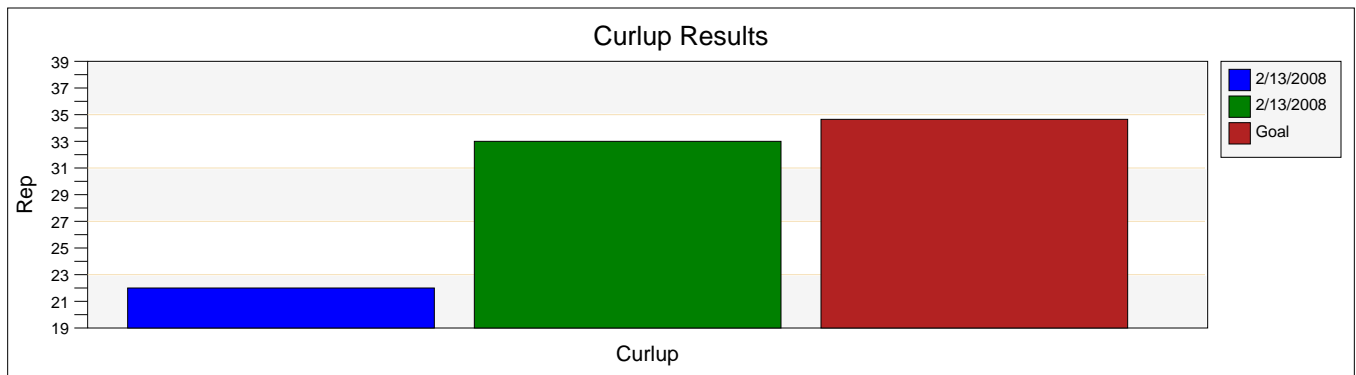
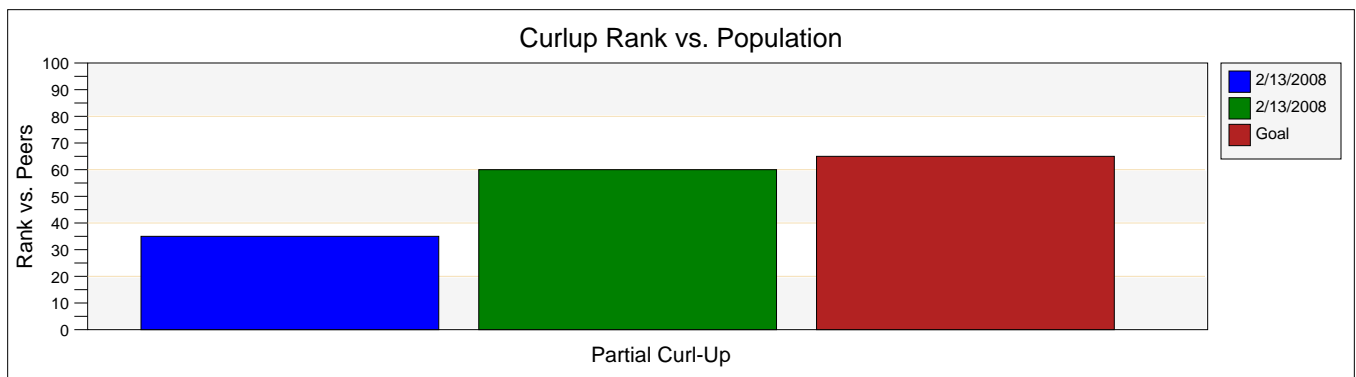
High levels of muscular strength and endurance can help you in performing and/or enjoying many everyday tasks. It is also associated with a reduced risk or incidence of lower back pain when combined with a program of flexibility improvement.

Date	Result	Rank	Rating
2/13/2008	22	35	Below Average
2/13/2008	33	60	Above Average
<b>Goal</b>	<b>34.7</b>	<b>65</b>	<b>Above Average</b>

**Change in Value: 11 Rep (50% Higher)**

### Recommendations

Compared with a sample population of a similar age and sex your overall strength assessment score was average. If you were to focus on regular sessions at the appropriate level, you will not only have more strength for everyday activities, you will also be a more efficient fat burner. Aim to stick with a program of resistance exercise 20-30 minutes, 2-3 times per week to improve your muscular fitness. Start slowly, build up gradually, and remember to include adequate warm-up and cool-down in all your sessions. If you haven't been working out, you will want to speak with your doctor or fitness professional before starting.



## Fitness Test: Push-Up Test

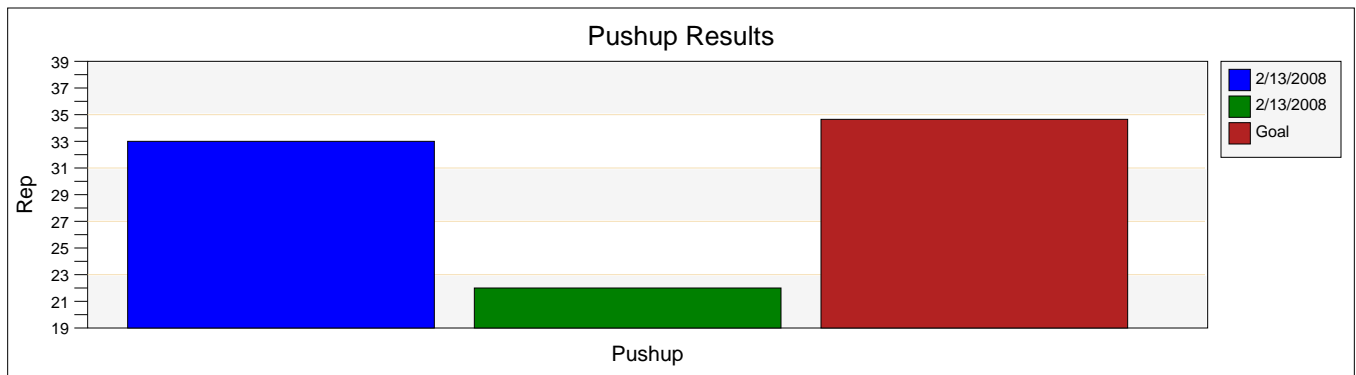
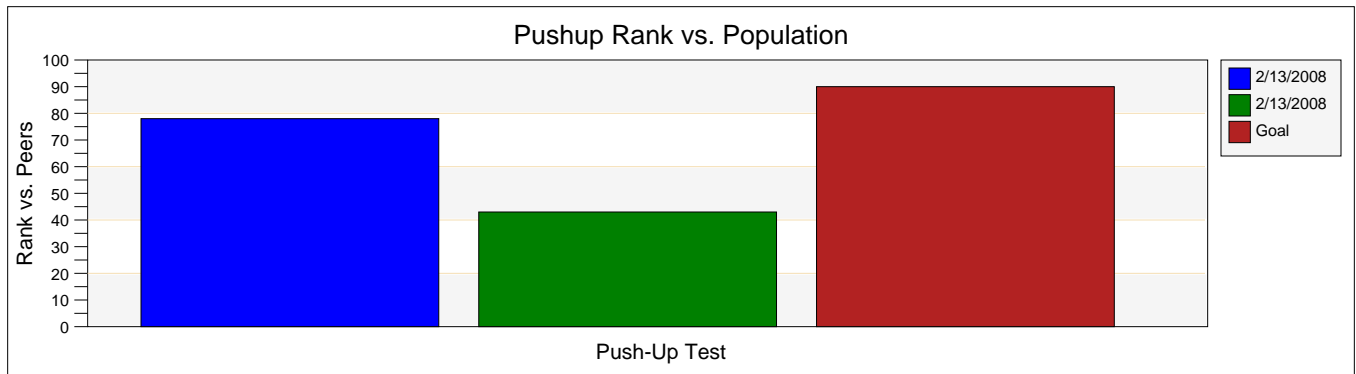
High levels of muscular strength and endurance can help you in performing and/or enjoying many everyday tasks. It is also associated with a reduced risk or incidence of lower back pain when combined with a program of flexibility improvement.

Date	Result	Rank	Rating
2/13/2008	33	78	Above Average
2/13/2008	22	43	Average
<b>Goal</b>	34.7	90	Well Above Avg.

**Change in Value: -11 Rep (33% Lower)**

### Recommendations

Compared with a sample population of a similar age and sex your overall strength assessment score was average. If you were to focus on regular sessions at the appropriate level, you will not only have more strength for everyday activities, you will also be a more efficient fat burner. Aim to stick with a program of resistance exercise 20-30 minutes, 2-3 times per week to improve your muscular fitness. Start slowly, build up gradually, and remember to include adequate warm-up and cool-down in all your sessions. If you haven't been working out, you will want to speak with your doctor or fitness professional before starting.



## 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	Result	Rank	Rating
2/13/2008	15	30	Below Average
2/13/2008	15	30	Below Average
Goal	15.8	26	Below Average

### No Change in Value

### Recommendations

We may need to work a bit more to improve your flexibility. 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.

