



Personal Health Assessment

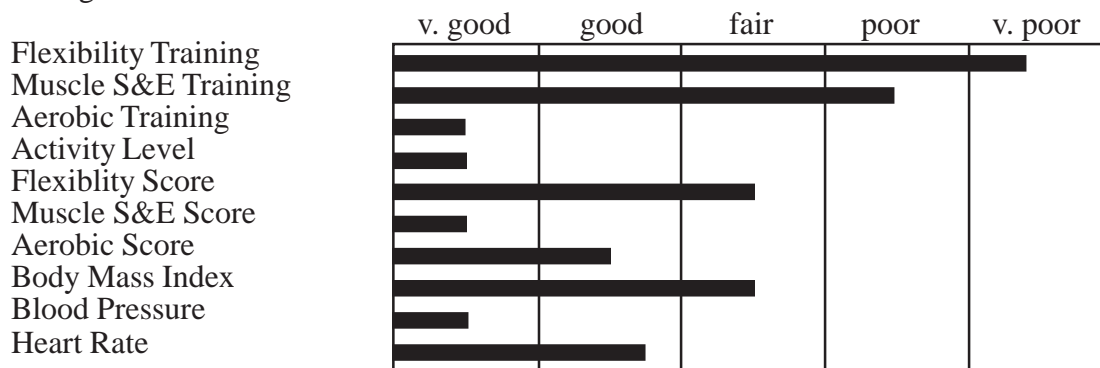
FITNESS PROFILE

Age: **34** years
 Sex: **female**

Here is your Fitness Report. It includes information about your lifestyle habits that have an effect on your health right now as well as in the years to come. We hope that as you read your report, you will come to realize that you can do many things to improve your health and fitness through proper exercise.

BIOMETRIC PROFILE

Your Fitness Profile displays an evaluation of your exercise practices compared to those that would lead to optimal health. The goal is to move all the bars to the left toward the “very good” and “good” evaluations.



FITNESS TRAINING

It is important for all balanced fitness programs to include exercises for flexibility, muscle strength and endurance, and aerobic fitness.



Flexibility Training: You currently report that you almost never do flexibility exercises. Flexibility relieves joint stiffness, muscle tension and soreness. Consider making flexibility exercise a part of your daily routine.

Muscle Strength & Endurance Training: Although you do some exercise to improve muscle strength and endurance, the frequency of your program is not enough to provide fitness benefits.

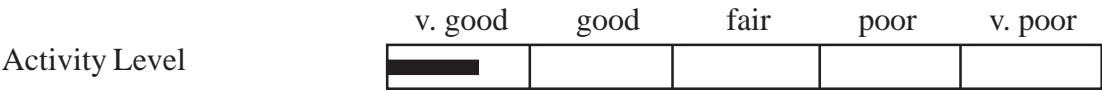
Aerobic Training: The aerobic exercise program you currently report is good, and will provide you with the heart health and weight control benefits that can be gained from this kind of activity.



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CORONARY HEALTH

In addition to information about your exercise training program (flexibility, muscle strength and endurance, and aerobics) you were asked about your general level of physical activity.



Recommendation: You indicated that you walk (or an equivalent physical activity) for at least 20 minutes, 6 to 7 times a week. Good. Exercise is important to your health.

FITNESS COMPONENTS

Flexibility Score

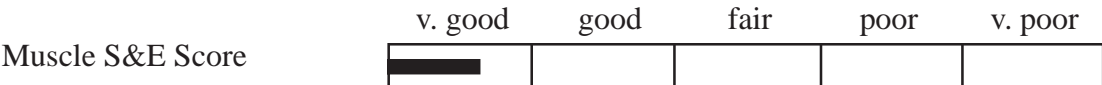
Bending over and touching your toes indicates how tight the muscles are in your lower back and in the back of your thighs (hamstrings). It is important to keep these muscles stretched to help prevent and/or alleviate low back pain.



Recommendation: You indicated that you could bend over and touch between your knees and your toes. This means that your flexibility is fair.

Muscle Strength and Endurance Score

Muscle endurance refers to the lasting quality of the muscle; that is, how many times a muscle can repeat a movement or how long it can hold a position. Muscle endurance can be acquired through any activity requiring repetitive movement such as weight training, calisthenics and swimming.



Recommendation: You indicated that you could do 31 or more push-ups within 60 seconds. This means the strength and endurance capacity of your upper body muscles are in good shape. Maintain your upper body muscle tone with a good exercise program.

Aerobic Fitness Score

A high level of aerobic fitness will give you increased energy, and enable you to burn calories more efficiently. Aerobic exercise uses body fat as a source of energy, so you can lose weight as well. People who are aerobically fit usually feel very good about themselves.



Recommendation: You indicated that it would take you between 10 and 19 minutes to go 1 mile. This indicates that your aerobic fitness is good.



BODY MASS INDEX

Body Mass Index (BMI) is a value that is calculated using your height and weight. It tells you at a glance if you are overweight and if you may be at greater risk for chronic diseases associated with obesity. If you are concerned about your weight and/or your muscle-to-fat relationship, ask your health care professional for additional information.

Your reported height: 62 inches
 Your reported weight: 141 pounds
 Your calculated BMI: 25.78



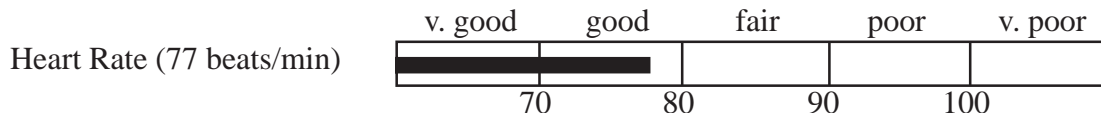
Interpretation: Your calculated Body Mass Index shows that you are overweight. Unless you are a well-muscled person, your percent of body fat may be too high. If so, a balanced diet and exercise program can help you achieve a BMI closer to normal.

BLOOD PRESSURE



Recommendation: Your blood pressure is currently within a normal range. You can maintain your blood pressure through weight control, regular exercise and low salt intake.

HEART RATE



Recommendation: Your heart rate is within normal range. You may, over time, lower your resting heart rate through participation in a regular program of aerobic conditioning.

Training Heart Rate: The heart rate can be used to monitor how hard you are exercising aerobically. There is a range of heart rate that is needed to achieve a training benefit. This is called the “Heart Rate Training Zone”.

Your Maximum Heart Rate is: 186 beats per minute
 Your Training Heart Rate Zone is: 130 - 158 beats per minute

CAUTION: Everyone should see their doctor before beginning any new or upgraded exercise program. This is especially important to individuals with a history of heart attack, stroke, high blood pressure, diabetes or physical disability, or those who are significantly overweight.

TAKE CHARGE

Use this fitness report and its related suggestions to begin making healthy changes in your exercise routine. By improving your fitness you can reduce your risk of heart disease as well as improve the quality of your life. TAKE CHARGE NOW!