

Fitness Profile

Name: John Sample
Age: 43

Standard Data: 40-49 years
Gender: Male

■ Apr 12, 2002
■ Jan 19, 2001



Description	Jan 19, 2001	Apr 12, 2002	Difference	Percent
Height (in)	71.00	71.00	0.00	0.0%
Weight (lbs)	217.0	189.0	- 28.0	- 12.9%
Chest Skinfold (mm)	24.0	15.0	- 9.0	- 37.5%
Abdomen Skinfold (mm)	24.0	15.0	- 9.0	- 37.5%
Thigh Skinfold (mm)	24.0	15.0	- 9.0	- 37.5%

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Body Fat

John, your body fat content is 15.0 percent of your body weight. This percent body fat score is in the 'Fit' category. No weight loss is recommended unless desired for aesthetics or athletic performance. On average, male athletes have a body fat score of 8-12 percent. To maintain or lose body fat, perform regular aerobic exercise and select foods where the calories from fat are less than 30 percent of the total calories.

Biceps Strength

It is important to maintain good muscular strength so you can perform daily activities without fatigue, residual soreness, or risk of injury. John, your biceps strength score of 126 lbs is in the 'Excellent' category. Perform strength training exercises 2 days/week to maintain muscular strength or 3-4 days/week to improve strength. A complete strength training program should include exercises that involve lifting, pushing, pulling and leg work. Select weights that cause fatigue in 5-12 lifts and repeat each lifting set 3 times. Consult an exercise specialist for more information on strength exercises and equipment.

Back Flexibility

Maintaining good flexibility is important for good posture, efficient body movement, and reduced risk of muscle and joint injury. John, your back flexibility score of 52 cm is in the 'Excellent' category. Perform stretching exercises 3 days/week to maintain flexibility. Stretch 4-7 days/week to improve flexibility. Select exercises that stretch the muscles and ligaments in the shoulders, back, hip and legs. Stretch the target area to a point of slight discomfort and hold for 15-30 seconds. Repeat each stretch 3-5 times. Consult an exercise specialist for more information about stretching exercises.

Blood Pressure

Blood pressure is normally reported as two numbers, systolic pressure/diastolic pressure. The systolic pressure is the higher pressure that occurs when the heart contracts and pushes blood into the arteries. Diastolic pressure is the lower pressure that occurs between contractions when the heart is at rest. A constant high systolic or diastolic blood pressure increases the risk of heart attack or stroke. John, your blood pressure today is 122/77, which is in the Fit or 'Normal' range. Have your blood pressure checked again in 1-2 years. To maintain good blood pressure keep your body weight down, reduce salt intake and perform regular aerobic exercise.

Resting Heart Rate

Resting heart rate is an indicator of health. A high resting heart rate may be a symptom of a health problem while a low resting heart rate confirms a normal or fit condition. John, your resting heart rate of 60 bpm is in the 'Excellent' category. You should be able to maintain this low resting heart rate by keeping your weight down and exercising on a regular basis.

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Aerobic Fitness

Aerobic fitness defines your capacity to sustain long periods of muscular activity like walking, running or cycling. Achieving the Fit category is beneficial because at this level you can do your daily activities with little effort and have energy left over for sport games or emergency situations. John, your aerobic fitness score of 40.1 ml/kg/min is in the 'Excellent' category. To maintain your aerobic fitness, perform activities like brisk walking, running, cycling or swimming 3-5 days/week for 20-60 min/day. Push yourself to the point where you are breathing deeply but your heart rate is still below 159 bpm. Consult an exercise specialist for more information about aerobic exercises and measuring your heart rate.