

Fitness Profile - Group Summary Report

Oct 22, 2002

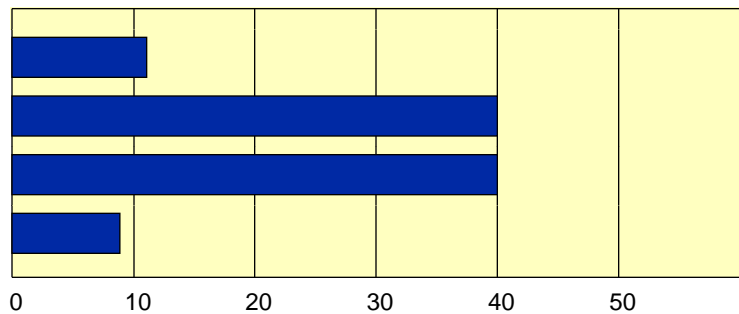
Standard Data: 30-39 years
 Clients in Group: 45

Average Age: 36

Body Fat

	Clients	Percent
Excellent	5	11.1%
Fit	18	40.0%
Fair	18	40.0%
Needs Work	4	8.9%
Total	45	

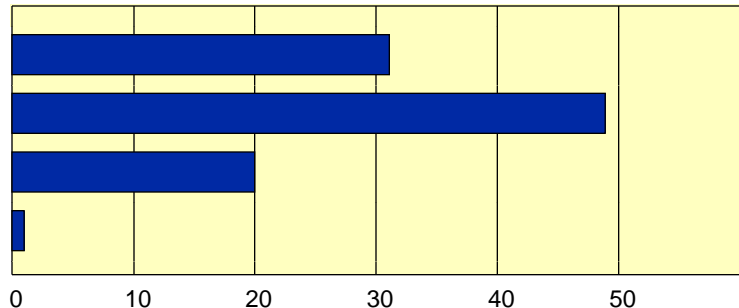
Percent of Clients with Test Scores



Biceps Strength

	Clients	Percent
Excellent	14	31.1%
Fit	22	48.9%
Fair	9	20.0%
Needs Work	0	0.0%
Total	45	

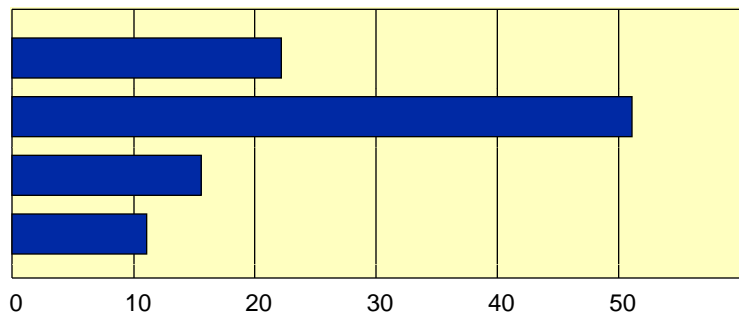
Percent of Clients with Test Scores



Back Flexibility

	Clients	Percent
Excellent	10	22.2%
Fit	23	51.1%
Fair	7	15.6%
Needs Work	5	11.1%
Total	45	

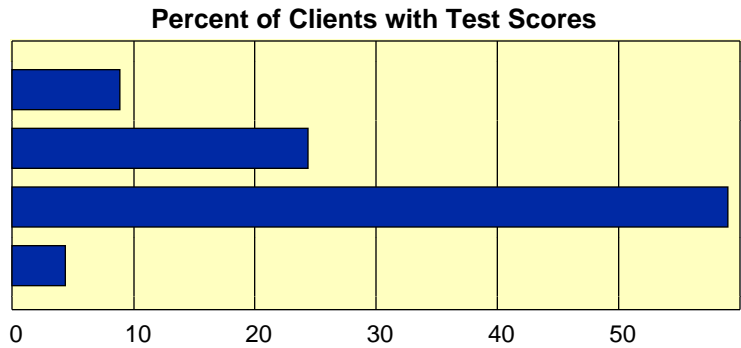
Percent of Clients with Test Scores



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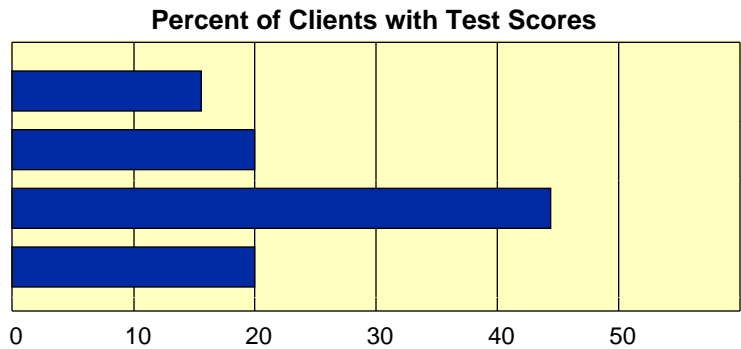
Systolic Blood Pressure

	Clients	Percent
Excellent	4	8.9%
Fit	11	24.4%
Fair	28	62.2%
Needs Work	2	4.4%
Total	45	



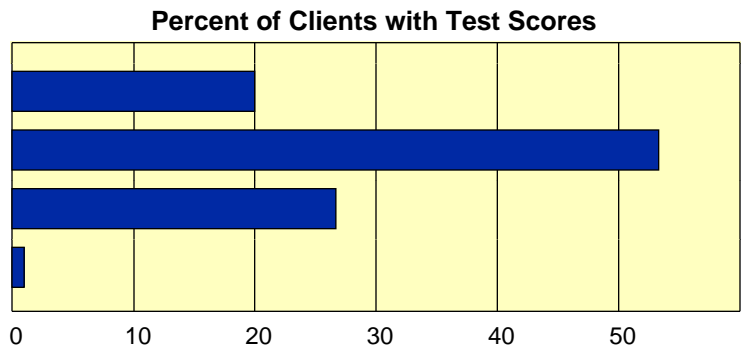
Diastolic Blood Pressure

	Clients	Percent
Excellent	7	15.6%
Fit	9	20.0%
Fair	20	44.4%
Needs Work	9	20.0%
Total	45	



Resting Heart Rate

	Clients	Percent
Excellent	9	20.0%
Fit	24	53.3%
Fair	12	26.7%
Needs Work	0	0.0%
Total	45	

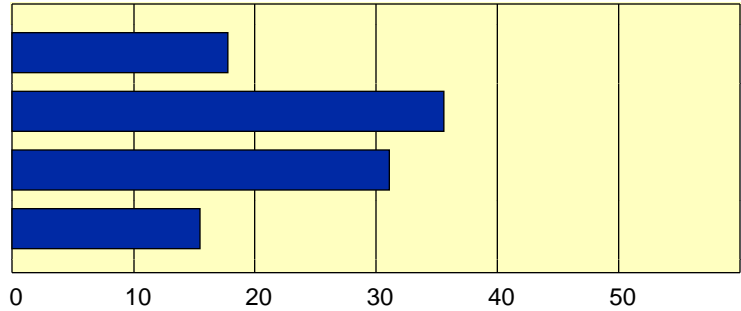


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Aerobic Fitness

	Clients	Percent
Excellent	8	17.8%
Fit	16	35.6%
Fair	14	31.1%
Needs Work	7	15.5%
Total	45	

Percent of Clients with Test Scores



Total Fitness Score

	Clients	Percent
Excellent	2	4.4%
Fit	23	51.1%
Fair	18	40.0%
Needs Work	2	4.4%
Total	45	

Percent of Clients with Test Scores

