

Personal Profile

For
Male Adult


2/21/2008


Parent Signature _____

BLOOD PRESSURE

Blood pressure is the measure of the force or pressure exerted by blood on your arteries. There are two different measures of blood pressure: systolic (higher number), and diastolic (lower number). The systolic pressure reflects the force on your arteries when your heart contracts forcing a large volume of blood into your arteries. The diastolic pressure is the measure of the force on the arteries when the ventricles are relaxed and your heart is filling with blood.

YOUR RESULTS

	Normal	Prehypertension	Stage 1 Hypertension	Stage 2 Hypertension
Systolic	 113			
	< 120	120 - 139	140 - 159	>159

	Normal	Prehypertension	Stage 1 Hypertension	Stage 2 Hypertension
Diastolic	 90			
	< 80	80 - 89	90 - 99	>99

Male, your blood pressure of 113/90 mmHg is above the Normal range. This doesn't necessarily mean that you have high blood pressure or hypertension. Blood pressure may be temporarily elevated by anxiety, caffeine, exercise, or a number of other sources. Monitor your blood pressure regularly. If your blood pressure remains elevated, see your doctor. Also, try the suggestions below to reduce your level.

BLOOD PRESSURE TIPS

You can lower your elevated blood pressure by: exercising regularly, maintaining a healthy weight, limiting alcohol consumption, decreasing salt intake, avoiding tobacco and consuming less dietary saturated fats. In some cases, medication may be needed to lower chronic high blood pressure.

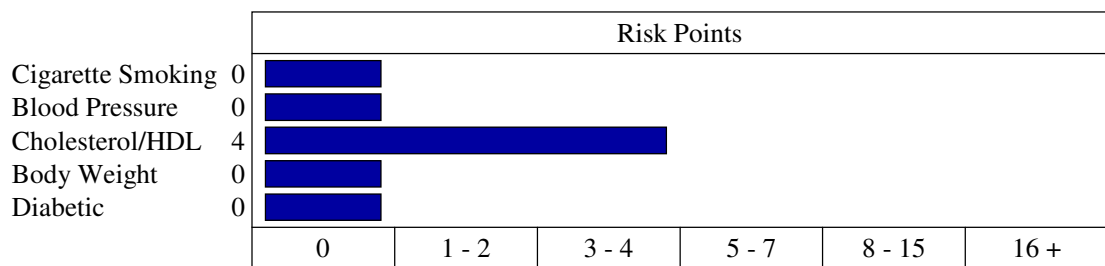
HEART DISEASE

Coronary heart disease is the most common form of heart disease and the leading cause of death in the United States. In this country, it is estimated that 550,000 people die each year from coronary heart disease, and that one American in four currently suffers from some type of heart or blood vessel disease. Many of these deaths could be avoided by simply understanding the risk factors associated with coronary heart disease and what steps you can take to reduce your risk.

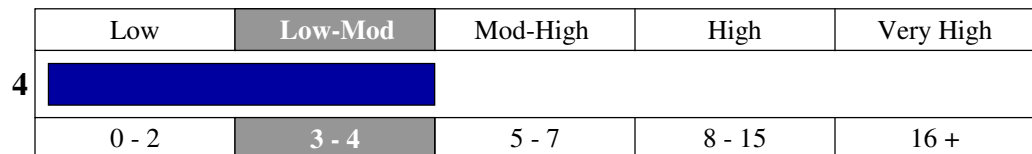
Primary Risk Factors: Cigarette smoking, high blood cholesterol, hypertension (high blood pressure) and physical inactivity.

Secondary Risk Factors: Age (risk increases with age), excess body fat, male sex and family history of heart disease.

YOUR RISK FACTORS



YOUR RISK FOR HEART DISEASE



Male, from the graph you can see that you have a Low-Mod risk of developing heart disease for a 35 year old male. Follow the recommendations below to keep your risk low.

RECOMMENDATIONS

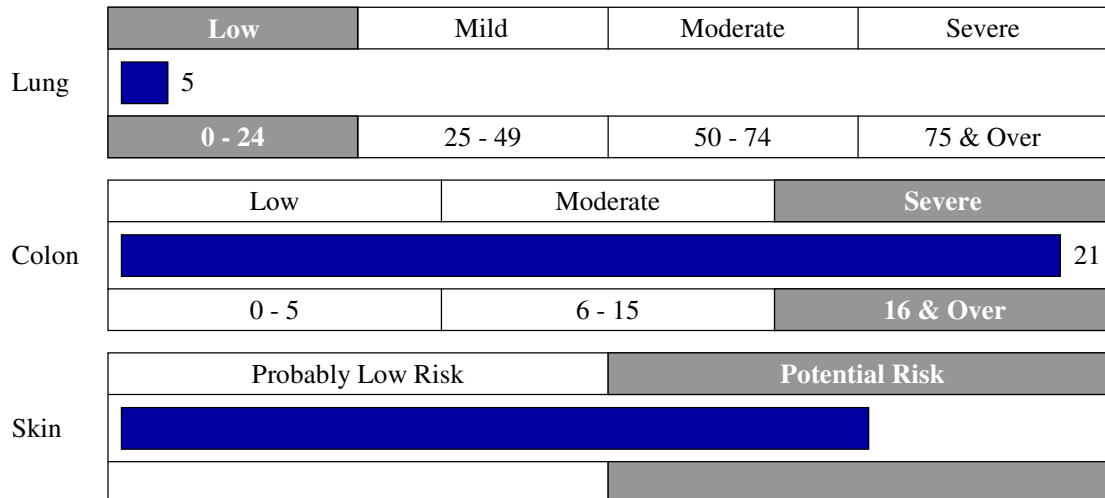
- Continue to avoid smoking. Smoking would add up to 9 risk points to your score.
- Have your blood pressure checked regularly even though it's in the good range.
- Reduce your high cholesterol through diet. Avoid foods high in saturated fats and cholesterol (whole milk, cheese, eggs, butter, fatty foods and fried foods).
- Continue to maintain a healthy weight.
- Stay physically active. Physical inactivity, besides being a risk factor for heart disease, contributes to other risk factors including obesity, high blood pressure and a low level of HDL cholesterol.
- You indicated that you have a family history of heart disease. This means your risk of heart disease is actually higher than indicated above. If your total score is 8 or above, taking action now to reduce your risk is even more important.

CANCER

Cancer is the uncontrolled growth and spread of abnormal cells. If the cancer is not controlled, it will result in death. However, many cancers can be cured if detected and treated promptly, and many others can be prevented by lifestyle changes.

It's estimated that in 1990 alone, 1,040,000 people were diagnosed as having cancer. Approximately 30% of all Americans now living (about 76 million people) will eventually have cancer.

YOUR RISK FOR CANCER



CANCER TIPS

Remember, 60-80 percent of all cancers are preventable and about 50 percent are curable. Use the following tips and warning signs to help you avoid cancer.

- Eat more cabbage-family vegetables
- Add high fiber foods to your diet
- Respect the sun's rays
- Choose foods high in vitamins A & C
- Trim fat from your diet
- Stay clear of tobacco
- Go easy on alcohol
- Maintain a healthy weight

WARNING SIGNS - American Cancer Society

- Sudden change in bowel or bladder habits.
- A sore that does not heal.
- Unusual bleeding or discharge.
- Thickening or lump in breast or elsewhere.
- Indigestion or difficulty in swallowing.
- Obvious change in wart or mole.
- Nagging cough or hoarseness.

DIABETES

Diabetes can be defined as an insulin deficiency that interferes with your body's metabolism. The uncontrolled diabetic is unable to transport glucose (sugar) into fat and muscle cells, and as a result, there is an increased breakdown of fat and protein. Diabetes affects 10 million people in the United States, and 600,000 Americans are diagnosed annually as having the disease.

Although diabetes is hereditary, several studies suggest that overweight and obese individuals have a greater chance of developing diabetes than do people at or near their ideal weight.

YOUR RISK FACTORS

	Low	Moderate	High
Weight	0		
Exercise	0		
Age	0		
Sibling with Diabetes	0		
Parent with Diabetes	0		
	0	1 - 5	6 +

YOUR RISK FOR DIABETES

Low	High
0	
0 - 9	10 +

Male, you scored 0 risk points and are probably at Low risk for having Type II diabetes now, but don't just forget about it, especially if you are Hispanic, African American or Native American. You may be at risk in the future.

DIABETES TIPS

SYMPTOMS OF DIABETES American Diabetes Association

- Excessive thirst
- Frequent urination
- Extreme fatigue
- Unexplained weight loss
- Blurred vision

For more information on diabetes, its treatments, and diabetes programs and resources available in your area, you may contact your local American Diabetes Association Office. Numbers are listed in the white pages of the phone book.


STRESS AND DEPRESSION

Stress may be thought of as a reaction to real or imagined threats in the present or future and to feelings of vulnerability or weakness. Depression may be thought of as a reaction to past events combined with feelings of hopelessness or helplessness. Even the most psychologically stable persons will have occasional periods of stress and depression.

Relatively mild episodes of stress or depression are universal and require no special treatment. But, in some people, these emotions can gather momentum and have a negative effect on the quality of life and health.

In most cases, individuals can manage and control stress on their own. The trick is to recognize these problems for what they are and to take appropriate corrective action.

YOUR STRESS AND DEPRESSION RESULTS

	Low	Mild	Moderate	Severe
Stress 28				
Depression 27				
	< 31	31 - 45	46 - 60	60 +

Male, your stress assessment is low (score 28) and your depression assessment is low (score 27). Please note that the results are based on your answers to a self assessment test for stress which utilizes a modification of the State-Trait Anxiety Inventory and the Self Assessment Test for depression which is based on the Beck Depression Index. The assessments are made to make you aware of the possibility of problems. They are not a medical diagnosis. If you have any questions or concerns, you should consult your physician or other qualified professional.

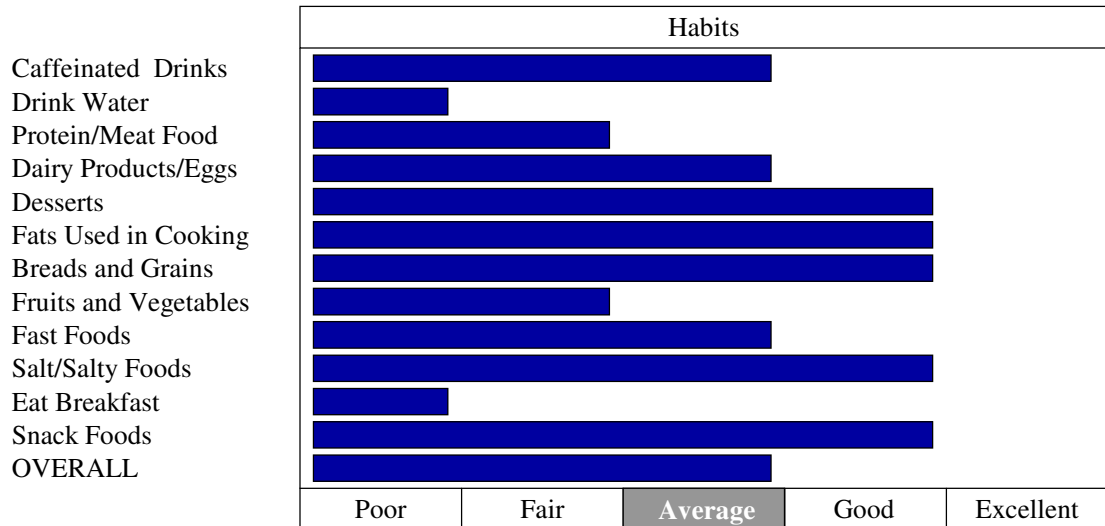
STRESS REDUCTION TIPS

- Get at least seven to eight hours of sleep each day.
- Eat a well balanced diet.
- Exercise regularly.
- Manage your time by organizing each day.
- Develop a sense of humor. Humor can break the tension of many stressful situations.
- Learn to say "No" to extra projects for which you have neither time nor energy.
- Practice relaxing. Arrange a personal quiet time and engage in activities you enjoy every day.

NUTRITION

Good nutrition is essential for maintaining health and providing the energy necessary for optimal physical and mental performance. Poor nutrition is a significant risk factor in many of the leading causes of death in the U.S. including coronary heart disease, cancer, stroke and diabetes. Your current nutritional status for each factor listed below is rated from Poor to Excellent on the nutrition habits scale.

YOUR NUTRITION HABITS



Male, from the graph you can see that your overall nutrition ranking is Average. This means your overall eating habits could still be improved. Ideally you want to score Good or Excellent in all the categories above.

NUTRITION TIPS

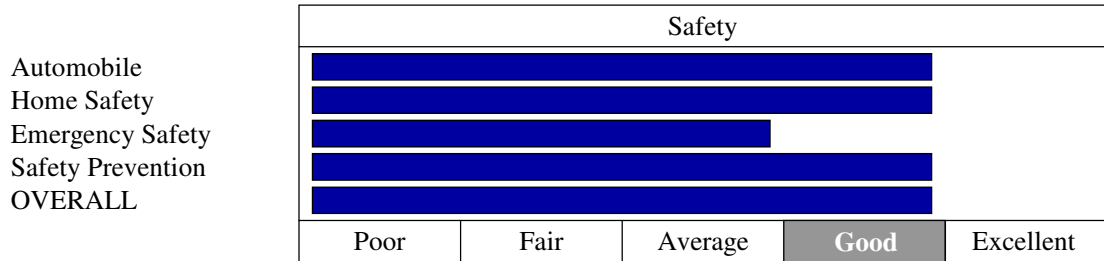
Maintain good nutrition by eating a variety of unrefined foods, rich in fiber, low in fat, cholesterol and salt. Emphasize fresh fruits, whole grain breads and vegetables. Pay close attention to the personal recommendations below marked with a '■'.

- Fish or white meat poultry is preferable to red meats. Vegetable proteins, such as beans and grain/nut mixtures, are good substitutes for meats.
- Use low or nonfat milk and dairy products in place of butter, cream and cheese.
- Use vegetable oils and margarine in place of solid or animal fats.
- Choose whole grain breads, rolls, muffins, pancakes and cereals instead of white bread & rice, refined/sweetened cereals, and white flour baked goods.
- Eat 4-5 servings/day of fresh fruit and vegetables. They are high in nutrition and low in fat and calories.
- Avoid eating typical fast foods such as burgers, fries, pizza, etc. Instead, eat soup and salad and other low-fat meals, or pack your own lunch.
- Eat very sparingly of salt and salty foods; chips, pickles, soy sauce, etc.
- Eat a good breakfast every morning for optimal physical and mental performance.
- Avoid frequent eating of high fat snack foods (potato chips) between meals.

SAFETY

Accidents are a leading cause of injury and lost work time. While some accidents are beyond your control, many can be prevented through simple precautions.

YOUR SAFETY ASSESSMENT



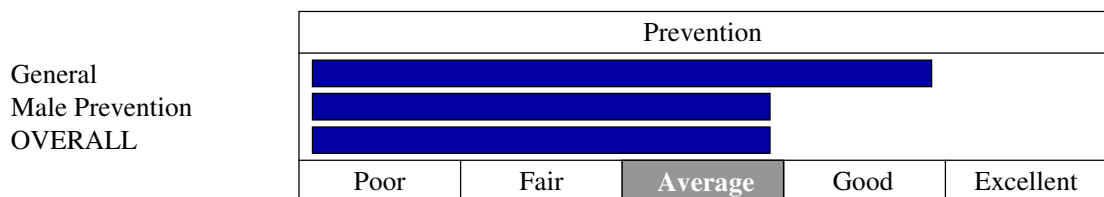
SAFETY TIPS

- Continue to wear your seat belt while in a car.
- Make a conscious effort to drive within the speed limit.
- Continue to avoid riding in a car when the driver is intoxicated.
- Continue to test your smoke alarms every two months.
- Continue to lift heavy objects with care.

PREVENTION

You can get the most out of the medical care system by knowing how to use it wisely. Seek medical care when necessary. Ask questions when you do not understand a medical term or instruction. Have preventative exams and screenings to ensure early detection and treatment of health problems.

YOUR PREVENTIVE CARE ASSESSMENT



PREVENTIVE CARE TIPS

- Maintain a relationship with a personal physician who has examined you and has earned your confidence.
- Continue having medical checkups by your physician every 1-3 years.
- Examine your testicles for lumps or changes every month.
- Continue to have rectal and prostate exam annually.

CARDIOVASCULAR

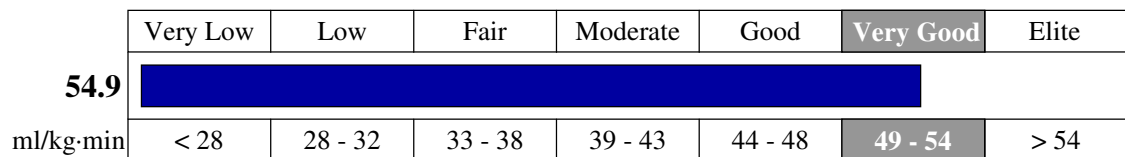
Cardiovascular fitness is the ability of the heart, lungs and circulatory system to supply oxygen and nutrients to working muscles efficiently, and allows activities that involve large muscle groups (walking, running, swimming, biking, etc.) to be performed over long periods of time. From a health standpoint, cardiovascular or aerobic fitness is generally considered to be the most important of the fitness components.

Cardiovascular Assessment

Protocol: Pollock Bike Ergometer METS Achieved: 15.7
Sub-max: 157 Max VO₂: 54.9
Assessment Time: 9:00

Male, from the results of the Pollock Bike Ergometer assessment, your maximum oxygen consumption is calculated to be 54.9 ml/kg-min. Maximum oxygen consumption (abbreviated Max VO₂) is a measurement of the maximum rate your body can consume and process oxygen during exercise. The higher your Max VO₂, the better your cardiovascular fitness.

YOUR RANKING



Comparing your results with other males between the ages 30 - 39, places you in the 95th percentile and the Very Good cardiovascular fitness classification.

REGULAR CARDIOVASCULAR EXERCISE CAN


- Reduce your risk of heart disease
- Lower elevated blood pressure
- Reduce blood cholesterol
- Increase circulation and improve performance of your heart and lungs
- Help you look and feel better

STRENGTH

Muscular strength is very important to your overall health and fitness. Adequate levels of strength are necessary to perform your daily routines at home and work, without excessive fatigue or stress. Higher levels of muscular fitness also reduce the incidence of lower back pain and injury to the musculoskeletal system. Strong muscles also assist your cardiovascular system in sustaining physical activity.

Strength Assessment	
Bicep Strength:	85 lbs

YOUR BICEP STRENGTH RANKING

	Poor	Fair	Average	Good	Excellent
85					
lbs	0 - 53	54 - 73	74 - 87	88 - 100	> 100

Male, from the graph above you can see your strength classification when compared with other males your age. Ideally, you want to score in the Good classification or higher. Try the tips below to help maintain your strength.

STRENGTH TRAINING TIPS

A well-rounded strength training program includes at least one exercise for each of the major muscle groups in your body. Minimally, you should include one core exercise for the lower body and two core exercises for the upper body. To avoid muscle fatigue, you should arrange your program so that successive exercises do not involve the same muscle group. This principle may be applied by using the following order for weight training exercises:

- 1) Thighs and hips
- 2) Chest and upper arms
- 3) Back and thighs
- 4) Legs and ankles
- 5) Shoulders and arms
- 6) Abdomen
- 7) Forearms
- 8) Wrists


FLEXIBILITY

Flexibility is the ability to move a joint fluidly through its complete range of motion and is important to general health and physical fitness. Flexibility is reduced when muscles become short and tightened with disuse causing an increase in injury and strains.

Flexibility Assessment	
Sit & Reach: 11.4 in	

Male, your flexibility classification is calculated using the measurements from the above flexibility protocols and established guidelines and norms.

YOUR MODIFIED SIT AND REACH RANKING

	Poor	Fair	Average	Good	Excellent
11.4					
inches	0 - 11.6	11.7 - 13.5	13.6 - 15	15.1 - 17	> 17

Male, the graph shows your flexibility classification when compared with other males between the ages 20-35. Ideally, you want to score in the Good classification or higher.

Try the tips below to help improve your flexibility.

STRETCHING TIPS

The following is a good outline to follow when stretching:

- Choose at least one exercise for each of the major muscle groups (10-12 in all).
- Stretch slowly without bouncing.
- Hold each stretch just below the pain threshold for 10-60 seconds.
- Perform 2-6 repetitions for each exercise.
- For improving flexibility the routine should be performed three days each week. For maintaining flexibility, 1 day each week.

BODY COMPOSITION

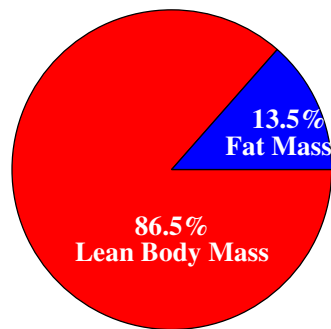
Body Composition refers to the relative proportions of body weight in terms of lean body mass and body fat. Lean body mass represents the weight of muscle, bone, internal organs and connective tissue. Body fat represents the remaining fat tissue. Body fat serves three important functions:

- 1) insulator to conserve heat
- 2) metabolic fuel for the production of energy
- 3) body fat serves as padding to cushion your internal organs

It's essential to maintain some body fat, but an excess level poses a serious health risk. High levels of body fat are associated with high blood pressure, increased levels of blood fats and cholesterol, heart disease, stroke, diabetes and certain cancers. In contrast, very low body fat can cause the development of such medical conditions as heart damage, gastrointestinal problems, shrinkage of internal organs, immune system abnormalities, disorders of the reproductive system, loss of muscle tissue, damage to the nervous system, abnormal growth and even death. Body fat is expressed as a percentage of total body weight.

Protocol: Direct Value

YOUR BODY COMPOSITION



Body Weight: 172 lbs.

Lean Body Mass: 148.8 lbs.

Fat Mass: 23.2 lbs.

Basal Metabolic Rate: 2113

Male, your body weight of 172 lbs. is made up of 148.8 lbs. of lean mass (bone, muscle and connective tissue), and 23.2 lbs. of fat mass. BMR is the number of calories your lean tissue uses each day.

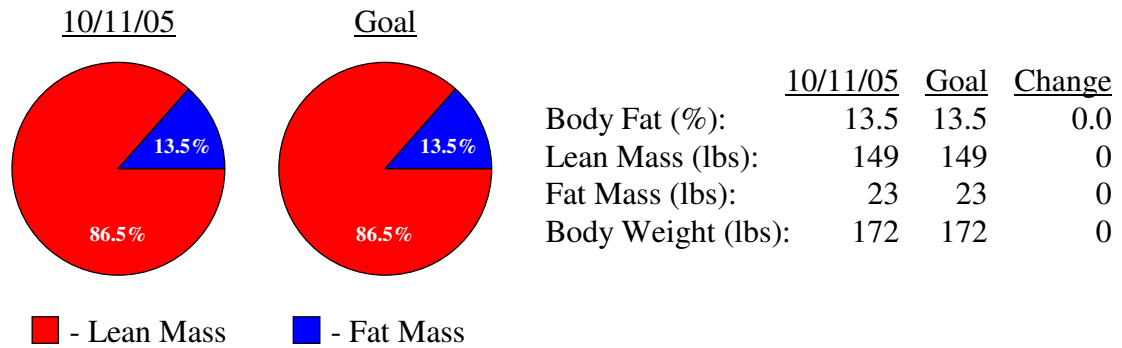
	Low	Optimal	Moderate	High	Very High
13.5					
% fat	< 14.1	14.1 - 19.0	19.1 - 24.0	24.1 - 29.0	> 29.0

Male, your body fat percentage is in the Excellent range. This range is recommended for athletes. There is a level of essential fat (3 percent for men, 10-12 percent for women), which is necessary for normal physiological functions, and without it, health begins to deteriorate. Ideal percent fat is sports specific and is different for each athlete.

YOUR PERSONAL PROGRAM

Male, your Personal Program is based on your results from the fitness evaluation. The focus of the program is to maintain your body fat through sound nutrition, strength and cardiovascular programs.

BODY COMPOSITION GOALS



NUTRITION GOALS

Male, at complete rest your lean body mass will burn 2113 calories each day. This is known as your basal metabolic rate (BMR). In addition to your BMR, you will burn approximately 634 calories by processing food and through normal daily activities. Using this information and your personal goals, the following is recommended:

Daily Caloric Intake : 2747 Calories
 Number of Daily Meals : 3
 Number of Daily Snacks: 2

EXERCISE CALENDAR

	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL FOR WEEK
Cardiovascular:		25 min			25 min		45 min	95 min
Abdomen:	✓			✓				2
Chest:	✓			✓				2
Back:	✓			✓				2
Shoulders:	✓			✓				2
Biceps:	✓			✓				2
Triceps:	✓			✓				2
Quad/Hamstring:	✓			✓				2
Calf:	✓			✓				2

CARDIOVASCULAR PROGRAM

Optimize Men 20-35, Intermediate

MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL
	25			25		45	95 min

Male, your cardiovascular program consists of achieving **95** minutes of exercise each week. Choose your exercises from the activities listed below and follow the guidelines under Exercise Intensity.

REMEMBER

1. Check with your physician before starting any new exercise program.
2. Each of your exercise sessions should begin and end with a 3-5 minute warm-up and cool-down of light exercise, such as walking. Additionally, your warm-up should contain stretching exercises.

ACTIVITY	CAL/MIN	NOTES
Bicycle (5.5 mph)	5.7	Stationary or outdoor
Bicycle (10 mph)	8.6	
Bicycle (13 mph)	12.2	
Rowing	15.5	
Running (9 min/mile)	15.1	
Running (8 min/mile)	16.3	
Running (7 min/mile)	17.5	
Swimming (breast)	12.7	
Walking	7.7	

EXERCISE INTENSITY - Target RPE

(RPE) Scale	
0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	Very strong
8	
9	
10	Very, very strong
●	Maximal

To get the optimal benefits from your program, exercise with your RPE (rate of perceived exertion) at **3-6** during the entire exercise session (excluding warm-up and cool-down).

While exercising, your total amount of exertion and fatigue (combining all sensations and feelings of physical stress and effort) should reflect your prescribed RPE number. Try to stay as close to your prescribed RPE range as possible.

WEIGHT TRAINING PROGRAM

Optimize Men 20-35, Beginner

The following weight training program is intended to be used in conjunction with good nutritional and dietary habits. Each exercise should be performed with the specified number of sets and repetitions. *Always warm up for at least 10 minutes prior to any activity. Always lift weights in a controlled manner, through a full range of motion and breathe rhythmically while lifting.*

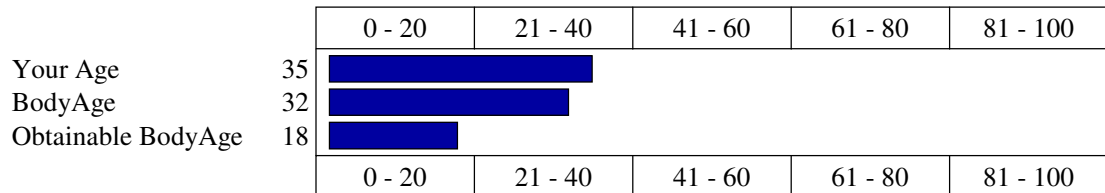
WEIGHT TRAINING CALENDAR

	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL FOR WEEK
Abdomen:	✓			✓				2
Chest:	✓			✓				2
Back:	✓			✓				2
Shoulders:	✓			✓				2
Biceps:	✓			✓				2
Triceps:	✓			✓				2
Quad/Hamstring:	✓			✓				2
Calf:	✓			✓				2

UPPER BODY EXERCISES	Start Weight	Set #1 REPS	Set #2 REPS	Set #3 REPS	Set#4 REPS
ABDOMEN					
Crunches:		15			
CHEST					
		10			
SHOULDERS					
Shoulder Press (Machine):		10			
BACK					
Front Lat Pulls:		10			
Back Extension (Machine):		15			
BICEPS					
Biceps Curl (bar):		10			
LOWER BODY EXERCISES					
QUAD/HAMSTRING/GLUT					
		10			
Leg Press:		10			

BodyAge

Male, your BodyAge is 32 compared to your chronological age of 35. BodyAge is calculated from the results of your assessments and how you compare with others of your same age and sex. Ideally, your BodyAge should be at least the same as your Chronological Age. Your obtainable BodyAge is what you can realistically reach with a well-rounded wellness program. Consult with your fitness trainer to set realistic goals in fitness and lifestyle changes to reach your obtainable BodyAge.



RECOMMENDATIONS

Male, the following are factors that will improve your BodyAge. By improving these factors and following a well-rounded wellness program, it is possible for you to reach a BodyAge of 18

- Improving your Skin Cancer Health Risk Appraisal score from Potential Risk to Probably Low Risk will improve your BodyAge by 5 years.
- Improving your Colon Cancer Health Risk Appraisal score from Severe to Low will improve your BodyAge by 5 years.
- Lowering your Diastolic Blood Pressure from 90 to below 80 will improve your BodyAge by 3 years.
- Improving your Flexibility ranking from Poor to Average will improve your BodyAge by 2 years.
- Improving your Heart Disease Health Risk Appraisal score from Low-Mod to Low will improve your BodyAge by 2 years.
- Improving your Strength ranking from Average to Excellent will improve your BodyAge by 2 years.
- Improving your Prevention Health Risk Appraisal score from Average to Excellent will improve your BodyAge by 2 years.
- Improving your Nutrition Health Risk Appraisal score from Average to Excellent will improve your BodyAge by 3 years.