

# Personal Profile

For

**Jane - Middle School**

---

**2/28/2008**

# 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: Youth Tests

Pacer (laps): 40

### Pacer

	Needs Improvement	Healthy Fitness Zone	Exceeds
<b>40</b>			
laps	< 23	23 - 51	> 51

## REGULAR CARDIOVASCULAR EXERCISE CAN

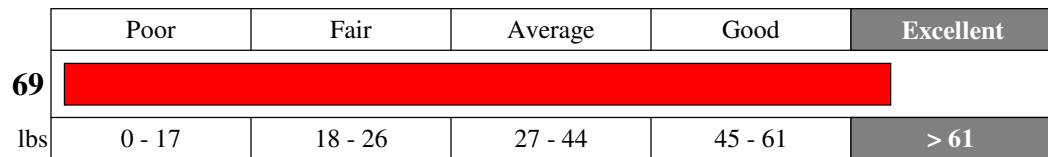
- Reduce your risk of heart disease
- Lower elevated blood pressure
- Reduce blood cholesterol
- Increase circulation and improve performance of your heart and lungs
- Help you look and feel better

# STRENGTH

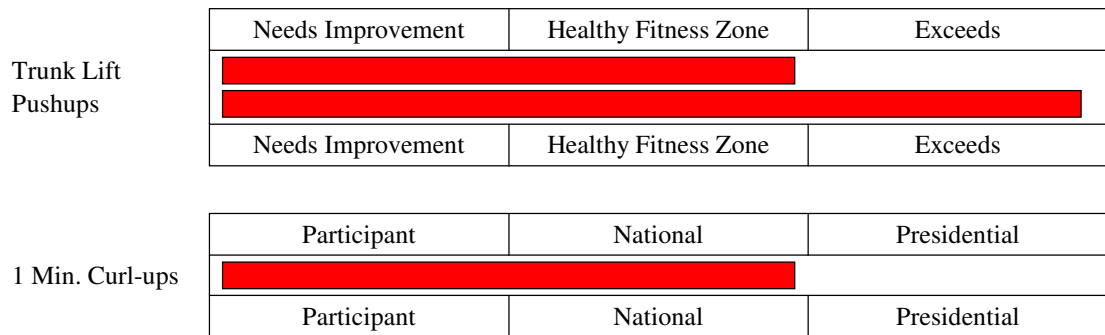
Muscular strength is very important to your overall health and fitness. Adequate levels of strength are necessary to perform your daily routines at home and work, without excessive fatigue or stress. Higher levels of muscular fitness also reduce the incidence of lower back pain and injury to the musculoskeletal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

Strength Assessment		
Bicep Strength: 69 lbs	Trunk Lift(9): 12	Pushups(7): 20

## YOUR BICEP STRENGTH RANKING



## YOUR STRENGTH ASSESSMENT RESULTS



Jane, from the graph above you can see your strength classification when compared with other females 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      | 4) Legs and ankles    | 7) Forearms |
| 2) Chest and upper arms | 5) Shoulders and arms | 8) Wrists   |
| 3) Back and thighs      | 6) Abdomen            |             |


# 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: 15.1 in	

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

## YOUR MODIFIED SIT AND REACH RANKING

	Needs Improvement	Healthy Fitness Zone	Exceeds
<b>15.1</b>			
inches	< 10	10 - 14	> 14

Jane, the graph shows your flexibility Exceeds the Healthy Fitness Zone! Good Job! Follow the tips below to maintain your flexibility.

Try the tips below to help maintain 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.