Personal Profile

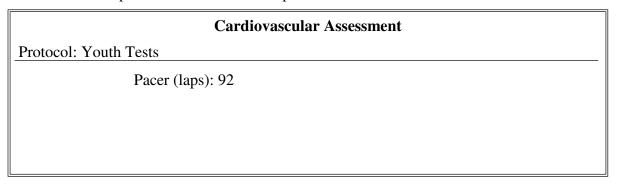
For Joe - Middle School

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.



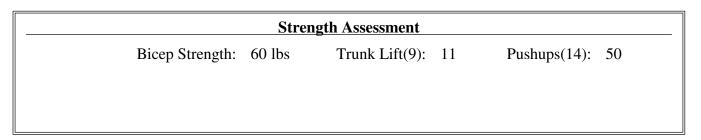
Pacer



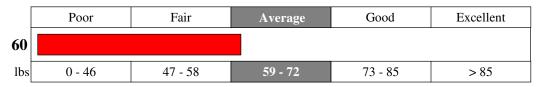
REGULAR CARDIOVASCULAR EXERCISE CAN

- 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

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.



YOUR BICEP STRENGTH RANKING



YOUR STRENGTH ASSESSMENT RESULTS



Joe, 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

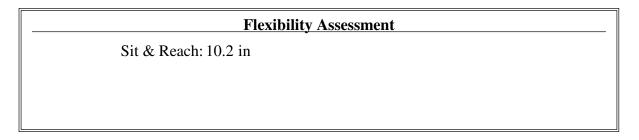
A well-rounded strength training program includes at least one exercise for each of the major muscle groups in your body. Minimally, you should include one core exercise for the lower body and two core exercises for the upper body. To avoid muscle fatigue, you should arrange your program so that successive 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
- 7) Forearms
- 8) Wrists

6) Abdomen

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.



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

YOUR MODIFIED SIT AND REACH RANKING



Joe, the graph shows your flexibility is in the Healthy Fitness Zone. Good Job! Follow the tips below to maintain your flexibility.

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.