My Fitness Profile Description

Exercise is a powerful ingredient for good health and helps prevent many serious health problems including heart disease, cancer, type-2 diabetes, osteoporosis, Alzheimer's disease, obesity, depression and kidney disease. *My Fitness Profile* helps individuals see how fit they currently are and what they need to do to improve their overall fitness and health.

Fitness Questionnaire

The questionnaire is 2 pages in length but can be quickly completed and entered into the computer. In addition to questions on each person's current exercise practices, the profile includes 11 optional fitness tests for more specific fitness status results.

Fitness exercise questions:

- Minutes of moderate and vigorous exercise
- Strength training
- Flexibility and balance exercises
- Sedentary measure (hours of sitting daily)

Fitness tests included (optional):

- Flexibility
- Balance
- Grip strength
- Upper body strength (push-ups)
- Core strength (curl-ups)
- Percent body fat
- Height and weight to determine body mass index (BMI)
- Waist circumference for abdominal obesity
- Sit-and-rise test (measures strength, flexibility, coordination, and balance all in one test)
- Peak aerobic capacity determined using the 1-mile walk test, the 1.5 mile run test, or other graded exercise tests
- Resting pulse

Personal Fitness Report

The report compares each individual's fitness test results to age and sex specific norms and makes recommendations for improvement where needed.

The report also includes:

- An overall fitness score
- A summary of all fitness tests and recommended goals for each test
- Fitness guidelines for starting a balanced exercise program
- Weight and body composition report
- Guidelines for each fitness test completed and all items needing improvement are flagged.

All areas that are low or need improving are flagged for easy identification and for one-on-one counseling if desired.

Power Point Slides

Over 50 Power Point slides are provided for use in a follow-up fitness education program. They are also linked to the onscreen report for immediate viewing of each fitness factor.

Software Features

Data entry is designed for batch entry. The questionnaire can be entered into the computer, saved, and printed out in 2-3 minutes per person. Reports are printed in color or black and white. Colored forms are available to give a more professional product.

A group summary shows how well the whole group is doing fitness wise and how many and the percent of people meet the recommended fitness guidelines and score well on each fitness test.

Required Equipment

Software is designed for use on a PC computer, Windows 8+ operating systems (or Windows 7 if updated).

Recommended Uses

- Fitness fairs
- Fitness coaching
- Fitness classes and wellness programs
- Doctor's offices
- Fitness centers
- School fitness programs