



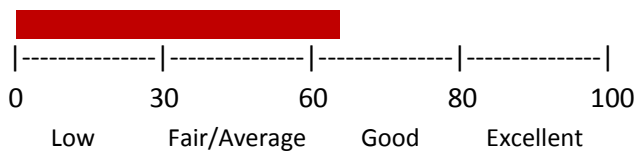
My Fitness Profile

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Physical activity enhances physical and mental health, helping you look and feel your best for a productive life. This report evaluates your present fitness level and makes suggestions to improve.



Your Fitness Score is 62/100



A score of 50 is average. Your score of 62 puts you in the 'Good' fitness category. Marked items '*' below indicates improvement is needed.

Fitness Factors	You	Goals
* Aerobic exercise, min/wk	130	150+ min/wk
Strength workouts, #/wk	2	2+ days/ wk
Stretching, times/wk	2	2+ days/wk
* Balance exer., times/wk	0	2+ days/wk
* Sitting, hours/day	9.5	< 8 hrs/day

Health Tests	You	Goals
Resting pulse, beats/min	62	62 or less
* Body mass index (BMI)	26.8	18.5 - 24.9
Fat free mass index (FFMI)	19.5	16.5 - 21.5
* Waist circumference, in.	41	Less than 40 in.
* Percent body fat	22.4	Less than 20%
Sit-and-reach toes	2+ in.	2" past toes
Grip strength, kg	68	65+ both hands
* Push-ups, continuous	11	12 or more
* Balance on one foot, sec.	21	30+ seconds
* Peak aerobic capacity	8.7	10+ METs
Sit-and-rise test (0-10)	8.5	8-10 points

Your Fitness Guidelines

* **Aerobic exercise.** Aim for 150+ minutes of moderate intensity exercise such as brisk walking, or 75+ min of vigorous activity such as running or active sports, or doing both.



Strength training. Aim for 2+ workouts per week. Use resistance equipment, weights, and/or calisthenics such as curl-ups and push-ups. Include all muscle groups: legs, hips, back, chest, stomach, shoulders, and arms. Do each exercise 8-12 times.

Stretching. Aim for at least 2 sessions per week. Stretch all major muscle groups. Stretch slowly and hold.

* **Balance.** Balance improves graceful movement and helps prevent falls. It is especially important for seniors.

* **Sitting.** Limit sitting time. Sitting more than 8 hours daily increases risk of mortality levels. Keep active throughout the day. Take frequent breaks.



Your Weight

* **Body composition.** Maintain a healthy weight with good eating habits and regular physical activity. Your high waist circumference and high percent body fat indicates abdominal obesity.

Fat free mass index is a strong predictor of longevity, even more important than BMI in seniors.

Your Fitness Tests

Resting pulse. A resting pulse of 62 or less indicates cardiovascular health and is linked to longevity.

* **Peak aerobic capacity** is the best predictor of fitness and health. Men with a MET level of 10 or higher have the best heart health and longevity.

Grip strength. A good grip test indicates good lean body weight or muscle mass and is linked to longevity. Strength training builds muscle mass.

* **Push-ups** are an indicator of upper body strength.

Sit-and-reach test. Being able to reach your toes and further indicates good flexibility.

* **Balance** is important for walking, dancing, sports, and most other movement in life. It also helps prevent falls as you get older.

Sit-and-rise-test. This simple test requires strength, flexibility, and balance. Persons with a score of 8-10 have the best longevity.

