

Personal Profile

For

Heather Anderson

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Redwood Area Community Center

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ACE Certified Personal Trainer

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		124		
	< 120	120 - 139	140 - 159	>159

	Normal	Prehypertension	Stage 1 Hypertension	Stage 2 Hypertension
Diastolic		79		
	< 80	80 - 89	90 - 99	>99

Heather, your blood pressure of 124/79 mmHg is in the Acceptable range, however, it is not within the Ideal range. Try the steps listed below to reduce your blood pressure to a lower risk level. Also, remember to have your blood pressure checked on a regular basis.

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.

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: Bruce Treadmill	METS Achieved: 10.1
Sub-max: 167	Max VO2: 35.4
Assessment Time: 6:58	

Heather, from the results of the Bruce Treadmill assessment, your maximum oxygen consumption is calculated to be 35.4 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

	Very Low	Low	Fair	Moderate	Good	Very Good	Elite
35.4							
ml/kg-min	< 27	27 - 31	32 - 36	37 - 41	42 - 46	47 - 51	> 51

Comparing your results with other females between the ages 20 - 29, places you in the 50th percentile and the Fair cardiovascular fitness classification.

Heather, in order to reach the Moderate classification, you would need to increase your max VO2 to 37 ml/kg-min or a 4.5% improvement.

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:	51 lbs

YOUR BICEP STRENGTH RANKING

	Poor	Fair	Average	Good	Excellent
51					
lbs	0 - 25	26 - 38	39 - 58	59 - 75	> 75

Heather, 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
- 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:	25 in

Heather, 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
25.0					
inches	0 - 12.6	12.7 - 14.5	14.6 - 15.8	15.9 - 16.7	> 16.7

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

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.

BODY COMPOSITION

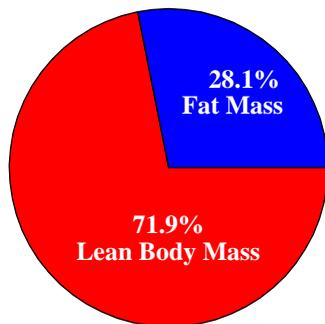
Body Composition refers to the relative proportions of body weight in terms of lean body mass and body fat. Lean body mass represents the weight of muscle, bone, internal organs and connective tissue. Body fat represents the remaining fat tissue. Body fat serves three important functions:

- 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: 3 Site Skinfold		
Tricep: 27 mm	Suprailiac: 17 mm	Thigh: 34 mm

YOUR BODY COMPOSITION



Body Weight: 167 lbs.

Lean Body Mass: 120.1 lbs.

Fat Mass: 46.9 lbs.

Basal Metabolic Rate: 1702

Heather, your body weight of 167 lbs. is made up of 120.1 lbs. of lean mass (bone, muscle and connective tissue), and 46.9 lbs. of fat mass. BMR is the number of calories your lean tissue uses each day.

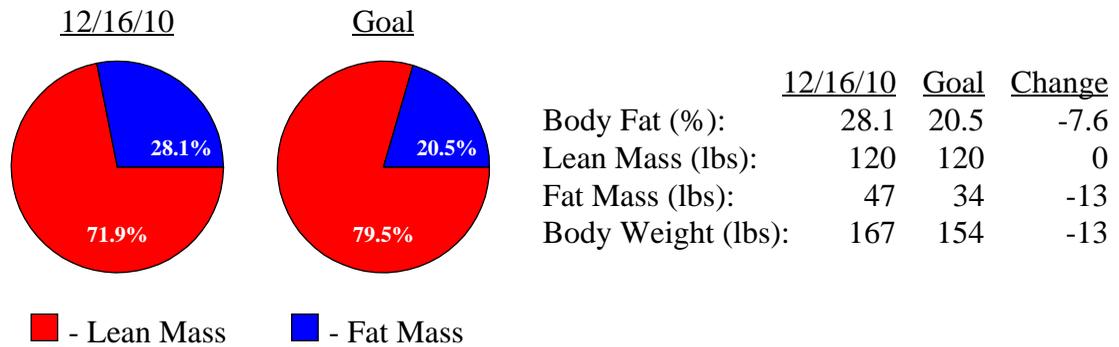
	Low	Optimal	Moderate	High	Very High
28.1					
% fat	< 18.1	18.1 - 23.0	23.1 - 29.0	29.1 - 33.0	> 33.0

Heather, you are in the Moderate percent body fat range. This is slightly over your ideal body fat which gives you a slightly higher risk for developing many serious health problems listed above. Use exercise and good nutrition to effectively and safely reduce your body fat. Reducing your body fat to the good range of 18.1 - 23.0 percent will reduce your weight to 146.6 - 156.2 pounds.

YOUR PERSONAL PROGRAM

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

BODY COMPOSITION GOALS



Heather, by following the nutrition and exercise plan, you will reach your goal body fat of 20.5% and goal body weight of 154 lbs in 9 weeks.

NUTRITION GOALS

Heather, at complete rest your lean body mass will burn 1702 calories each day. This is known as your basal metabolic rate (BMR). In addition to your BMR, you will burn approximately 851 calories by processing food and through normal daily activities. Using this information and your personal goals, the following is recommended:

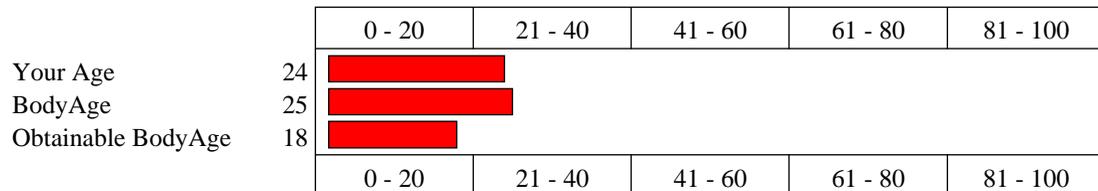
Daily Caloric Intake : 1803 Calories
 Number of Daily Meals : 3
 Number of Daily Snacks: 2

EXERCISE CALENDAR

	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL FOR WEEK
Cardiovascular:		30 min			30 min		45 min	105 min
Abdomen:	✓			✓				2
Chest:	✓			✓				2
Back:	✓			✓				2
Shoulders:	✓			✓				2
Biceps:	✓			✓				2
Triceps:	✓			✓				2
Quad/Hamstring:	✓			✓				2
Calf:	✓			✓				2

BodyAge

Heather, your BodyAge is 25 compared to your chronological age of 24. 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

Heather, 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 Cardiovascular VO2 score from 35.4 to 42 will improve your BodyAge by 4 years.
- Lowering your Systolic Blood Pressure from 124 to below 120 will improve your BodyAge by 1 year.
- Improving your Body Composition from 28.1% to 18.09% will improve your BodyAge by 5 years.
- Improving your Strength ranking from Average to Excellent will improve your BodyAge by 2 years.