



THE CANADIAN PHYSICAL ACTIVITY, FITNESS AND LIFESTYLE APPROACH

QUESTIONNAIRES **Healthy Physical Activity Participation Fantastic Lifestyle Checklist**

Appraisal Date **15 May 2008**
Appraiser **Dustin Moore**

BODY COMPOSITION
Weight **60.0** kg **132** lbs
Height **162.0** cm **5' 3¾"**

Body Mass Index **22.9** kg/m²
Waist Circumference **73.0** cm
Sum of 5 Skinfolds **61.0** mm

Skinfold Measurements	
Triceps	17.0 mm
Biceps	5.0 mm
Subscapular	13.0 mm
Iliac Crest	16.0 mm
Medial Calf	10.0 mm

Women AGES 40-49	E	V	G	F	N
Healthy Physical					
Fantastic Lifestyle					
Body Composition					
Aerobic Fitness					
Grip Strength ¹					
Push-ups					
Sit and Reach					
Partial Curl-ups					
Vertical Jump					
Peak Leg Power ²					
Back Endurance					
Musculo Composite ³					
Back Composite ⁴					

Healthy Body Composition (max 4) **4 Excellent**

AEROBIC FITNESS
Final Stepping Stage **4**
Heart Rate Final **156** bpm

Healthy Aerobic Fitness **349 Good**

BLOOD PRESSURE AND HEART RATE

	Pre-Exercise	2:00 - 2:30 min	3:30 - 4:00 min	4:00 - 4:30 min
Systolic (mmHG)	112	126	116	112
Diastolic (mmHG)	72	74	72	72
Heart Rate (bpm)	84	100	92	86

HEALTH BENEFIT ZONES

- E** Excellent
Optimal health benefits
- V** Very Good
Considerable health benefits
- G** Good
Many health benefits
- F** Fair
Some health benefits, but also some risks
- N** Needs Improvement
Considerable health risks

MUSCULOSKELETAL FITNESS

Grip Strength (kg) **85.0 Excellent**
Push-ups (reps) **25 Excellent**
Sit and Reach (cm) **25.0 Fair**
Partial Curl-ups (max 25 reps) **25 Excellent**
Vertical Jump (cm) **35.0 Excellent**
Peak Leg Power (watts) **2788 Excellent**
Back Extensor Endurance (max 180 sec)

Composite Musculoskeletal (max 4) **3 Very Good**

BACK FITNESS Composite Back Fitness (max 4) **3 Very Good**

¹ Grip Strength is the combined maximum scores of the left and right hand. ² Peak Leg Power "fine tunes" the vertical jump score by taking body weight into consideration.

³ Musculoskeletal composite reflects, to varying degrees, ratings for all *completed* Musculoskeletal tests.

⁴ Back Fitness composite reflects, to varying degrees, ratings for • Healthy Physical Activity • Waist Circumference • Sit and Reach • Partial Curlups • Back Extensor Endurance