

# **BodyAge Fitness**

## **Personal Profile**

**For**

---

**05/01/2009**

**BodyAge Fitness**

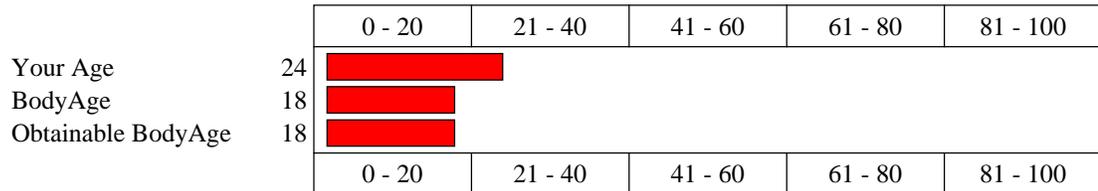
#502 - 822 Seymour Street  
Vancouver, BC

**604-220-7003**

info@bodyagefitness.ca

**TRAIN SMARTER - NOT HARDER!**

your BodyAge is 18 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

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 Flexibility ranking from Fair to Good will improve your BodyAge by 2 years.
- Improving your Cardiovascular VO2 score from 45 to 57 will improve your BodyAge by 3 years.

# 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		122		
	< 120	120 - 139	140 - 159	>159

	Normal	Prehypertension	Stage 1 Hypertension	Stage 2 Hypertension
Diastolic		66		
	< 80	80 - 89	90 - 99	>99

your blood pressure of 122/66 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.

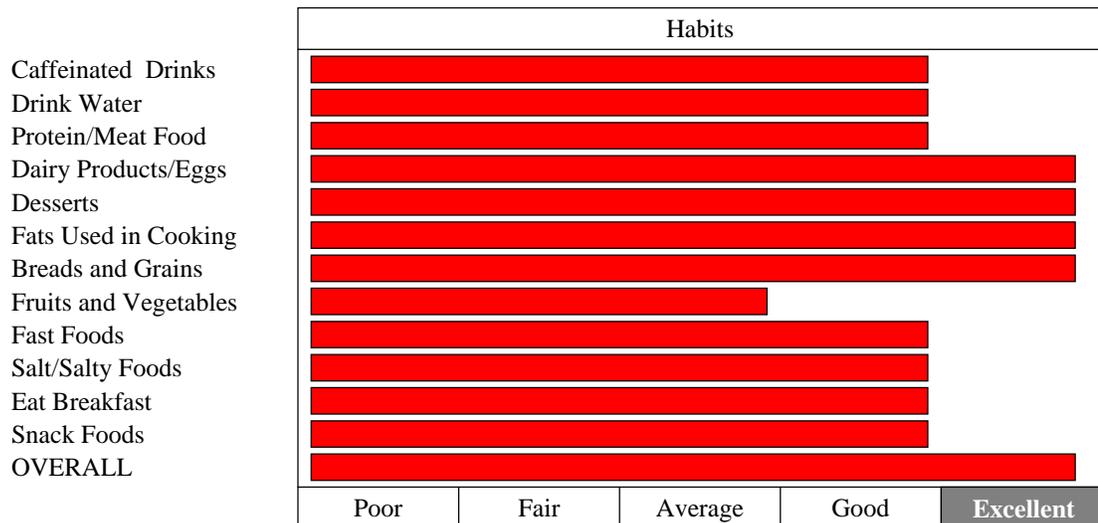
## BLOOD PRESSURE TIPS

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.

# NUTRITION

Good nutrition is essential for maintaining health and providing the energy necessary for optimal physical and mental performance. Poor nutrition is a significant risk factor in many of the leading causes of death in the U.S. including coronary heart disease, cancer, stroke and diabetes. Your current nutritional status for each factor listed below is rated from Poor to Excellent on the nutrition habits scale.

## YOUR NUTRITION HABITS



from the graph you can see that your overall nutrition ranking is Excellent. Congratulations, keep up the good work. Ideally you want to score Good or Excellent in all the categories above.

## NUTRITION TIPS

Maintain good nutrition by eating a variety of unrefined foods, rich in fiber, low in fat, cholesterol and salt. Emphasize fresh fruits, whole grain breads and vegetables. Pay close attention to the personal recommendations below marked with a '■'.

- Fish or white meat poultry is preferable to red meats. Vegetable proteins, such as beans and grain/nut mixtures, are good substitutes for meats.
- Use low or nonfat milk and dairy products in place of butter, cream and cheese.
- Use vegetable oils and margarine in place of solid or animal fats.
- Choose whole grain breads, rolls, muffins, pancakes and cereals instead of white bread & rice, refined/sweetened cereals, and white flour baked goods.
- Eat 4-5 servings/day of fresh fruit and vegetables. They are high in nutrition and low in fat and calories.
- Avoid eating typical fast foods such as burgers, fries, pizza, etc. Instead, eat soup and salad and other low-fat meals, or pack your own lunch.
- Eat very sparingly of salt and salty foods; chips, pickles, soy sauce, etc.
- Eat a good breakfast every morning for optimal physical and mental performance.
- Avoid frequent eating of high fat snack foods (potato chips) between meals.

# 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.

<b>Cardiovascular Assessment</b>	
Protocol: Direct Value	Max VO2: 45.0

from the results of the Direct Value assessment, your maximum oxygen consumption is calculated to be 45.0 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
<b>45.0</b>							
ml/kg-min	< 32	32 - 37	38 - 43	44 - 50	51 - 56	57 - 62	> 62

Comparing your results with other males between the ages 20 - 29, places you in the 60th percentile and the Moderate cardiovascular fitness classification.

*in order to reach the Good classification, you would need to increase your max VO2 to 51 ml/kg-min or a 13.3% 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: 127 lbs	Grip (L): 69 kg	Grip (R): 68 kg

## YOUR BICEP STRENGTH RANKING

	Poor	Fair	Average	Good	Excellent
127					
lbs	0 - 56	57 - 77	78 - 91	92 - 104	> 104

## YOUR PERCENTILE RANKING

	Poor	Fair	Average	Good	Excellent
Grip-L					
Grip-R					
	0 - 20	21 - 40	41 - 60	61 - 80	81 - 100

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
- 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: 11.9 in	

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
<b>11.9</b>					
inches	0 - 11.6	11.7 - 13.5	13.6 - 15	15.1 - 17	> 17

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

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.

# BODY COMPOSITION

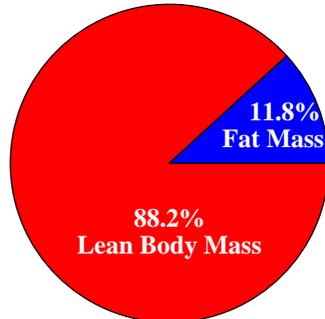
Body Composition refers to the relative proportions of body weight in terms of lean body mass and body fat. Lean body mass represents the weight of muscle, bone, internal organs and connective tissue. Body fat represents the remaining fat tissue. Body fat serves three important functions:

- 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: 7 Site Skinfold		
Chest: 11.5 mm	Midaxillary: 11.5 mm	Tricep: 8 mm
Subscapular: 11.5 mm	Abdomen: 20.5 mm	Suprailiac: 13.5 mm
Thigh: 9 mm		

## YOUR BODY COMPOSITION



Body Weight: 208 lbs.

Lean Body Mass: 183.5 lbs.

Fat Mass: 24.5 lbs.

Basal Metabolic Rate: 2609

your body weight of 208 lbs. is made up of 183.5 lbs. of lean mass (bone, muscle and connective tissue), and 24.5 lbs. of fat mass. BMR is the number of calories your lean tissue uses each day.

	Low	Optimal	Moderate	High	Very High
<b>11.8</b>					
% fat	< 13.1	13.1 - 18.0	18.1 - 23.0	23.1 - 28.0	> 28.0

your body fat percentage is in the Low range. This range is recommended for athletes. There is a level of essential fat (3 percent for men, 10-12 percent for women), which is necessary for normal physiological functions, and without it, health begins to deteriorate. Ideal percent fat is sports specific and is different for each athlete.