

The Healthcare Group

Fitness Profile

Name: David Granata
Age: 21

Standard: 20-29 years
Gender: Male

■ 23 Jun, 2007

Description	Score	Needs Work	Fair	Fit	Excellent	
Back Flexibility (cm)	33	12	37	44	50	62
Biceps Strength (kg)	48	19	38	42	47	64
Body Fat (% body weight)	15.4	45.0	25.0	18.0	12.0	5.0
Systolic Blood Pressure (mmHg)	134	180	140	130	120	90
Diastolic Blood Pressure (mmHg)	80	110	90	85	80	50
Resting Heart Rate (bpm)	64	110	100	80	70	50
Total Fitness Score	67	0	40	60	80	100

Description	23 Jun, 2007
Height (cm)	168.0
Weight (kg)	64.4
Biceps Skinfold (mm)	3.7
Triceps Skinfold (mm)	8.3
Subscapula Skinfold (mm)	12.6
Suprailium Skinfold (mm)	13.0

Back Flexibility

Maintaining good flexibility is important for good posture, efficient body movement, and reduced risk of muscle and joint injury. David, your back flexibility score of 33 cm is in the 'Needs Work' category. Perform stretching exercises 3-5 days/week to improve your flexibility. Select exercises that stretch the muscles and ligaments in the shoulders, back, hip and legs. Stretch the target area to a point of slight discomfort and hold for 15-30 seconds. Repeat each stretch 3-5 times. Consult an exercise specialist for more information about stretching exercises.

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Biceps Strength

It is important to maintain good muscular strength so you can perform daily activities without fatigue, residual soreness, or risk of injury. David, your biceps strength score of 48 kg is in the 'Excellent' category. Perform strength training exercises 2 days/week to maintain muscular strength or 3-4 days/week to improve strength. A complete strength training program should include exercises that involve lifting, pushing, pulling and leg work. Select weights that cause fatigue in 5-12 lifts and repeat each lifting set 3 times. Consult an exercise specialist for more information on strength exercises and equipment.

Body Fat

David, your body fat content is 15.4 percent of your body weight. This percent body fat score is in the 'Fit' category. No weight loss is recommended unless desired for aesthetics or athletic performance. On average, male athletes have a body fat score of 8-12 percent. To maintain or lose body fat, perform regular aerobic exercise and select foods where the calories from fat are less than 30 percent of the total calories.

Blood Pressure

Blood pressure is normally reported as two numbers, systolic pressure/diastolic pressure. The systolic pressure is the higher pressure that occurs when the heart contracts and pushes blood into the arteries. Diastolic pressure is the lower pressure that occurs between contractions when the heart is at rest. A constant high systolic or diastolic blood pressure increases the risk of heart attack or stroke. David, your blood pressure today is 134/80, which is in the Fair or 'High Normal' range. This is not cause for alarm but you should lower your blood pressure and check it again in 6 to 12 months. To lower blood pressure maintain ideal body weight, reduce salt intake and perform regular aerobic exercise.

Resting Heart Rate

Resting heart rate is an indicator of health. A high resting heart rate may be a symptom of a health problem while a low resting heart rate confirms a normal or fit condition. David, your resting heart rate of 64 bpm is in the 'Excellent' category. You should be able to maintain this low resting heart rate by keeping your weight down and exercising on a regular basis.

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Description	Score	Water	Prot/Min	Fat
Component Body Weight (kg)	64.4	40.2	14.3	9.9

		Needs Work	Fair	Ideal
Body Fat (% Body Weight)	15.4	45.0	25.0	18.0
Weight at Body Fat (kg)	64.4	99.1	72.7	66.5
				5.0
				57.4

Description	23 Jun, 2007
Total Weight (kg)	64.4
Body Fat (% body weight)	15.4
Body Fat Weight (kg)	9.9
Lean Weight (kg)	54.5
Water Weight (kg)	40.2
Protein/Mineral Weight (kg)	14.3
Biceps Skinfold (mm)	3.7
Triceps Skinfold (mm)	8.3
Subscapula Skinfold (mm)	12.6
Suprailium Skinfold (mm)	13.0

Comment

Body composition describes your weight in terms of water weight, protein/mineral weight and fat weight. The Heath assessment measured your body fat at 15.4 percent of your weight or 9.9 kg. About 75 percent of your lean weight is made up of water or 40.2 kg. The other 14.3 kg of your lean weight is proteins and minerals, the building blocks of muscles, bones and other body tissues.

David, your body fat score is in the 'Ideal' category. No weight loss is recommended unless you want to change your appearance or improve athletic performance. On average, male athletes have a body fat score of 8-12 percent. A body fat score below 6 percent is considered too low for men and may have an adverse effect on health. We suggest you talk with a health professional if you are considering changing your body composition.