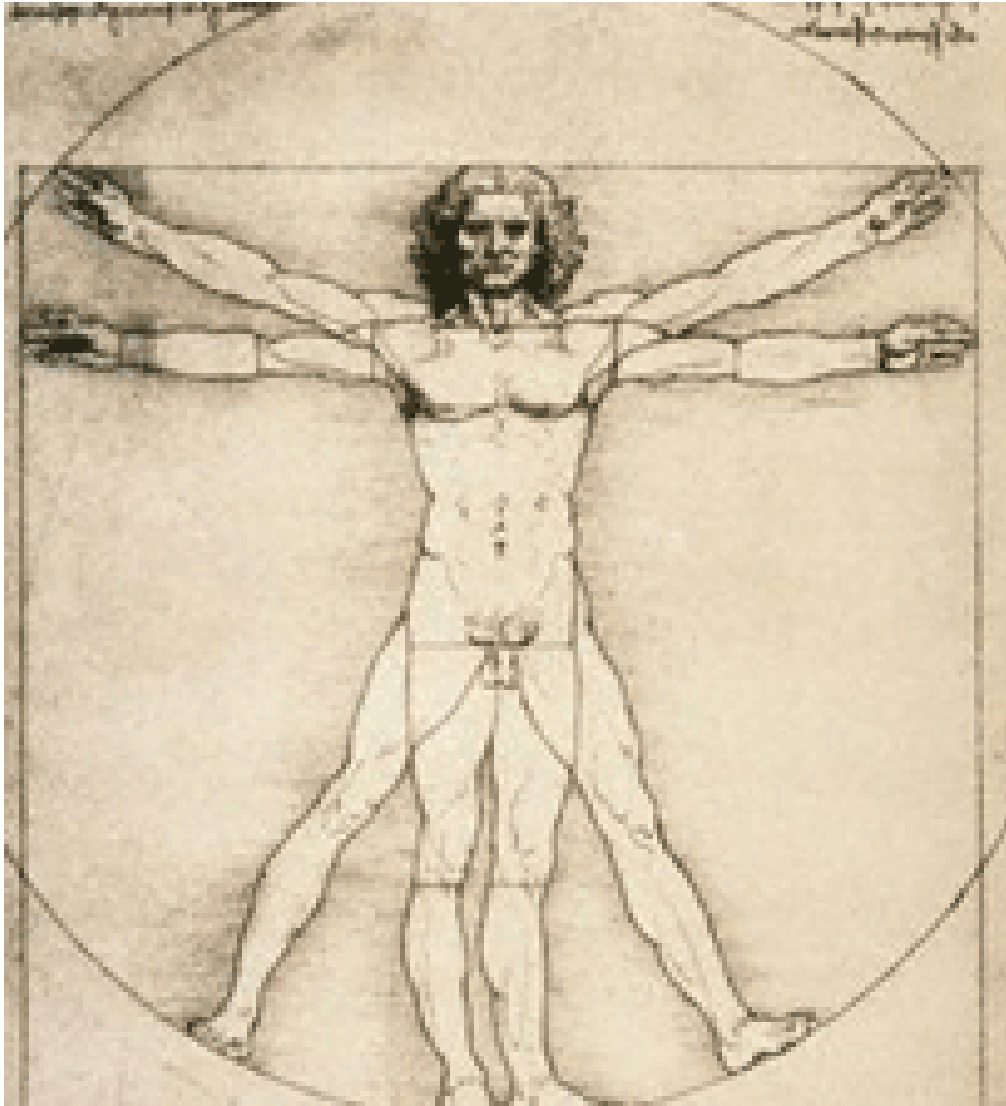


The Fitness Assessment



Body Composition

How much of you is lean? How much is fat?

AGE	Excellent	Good	Average	Fair	Poor
<hr/>					
Women					
20-29	<15	16-19	20-28	29-31	>32
30-39	<16	17-20	21-29	30-32	>33
40-49	<17	18-21	22-30	31-33	>34
50-59	<18	19-22	23-31	32-34	>35
60-69	<18	20-23	24-32	33-35	>36
<hr/>					
Men					
20-29	<10	11-13	14-20	21-23	>24
30-39	<11	12-14	15-21	22-24	>25
40-49	<13	14-16	17-23	24-26	>27
50-59	<14	15-17	18-24	25-27	>28
60-69	<15	16-18	19-25	26-28	>29
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Lowering Body Fat



Why it's important: Excess body fat has been associated with a number of health risks, including heart disease, diabetes, hypertension, arthritis, gall bladder disease, cirrhosis of the liver, hernia, intestinal obstruction and sleep disorders. It is also associated with reduced endurance performance and increased risk of injury.

Work on it: Exercise in combination with a healthy, sensible eating plan produces the best long-term results. Both strength training and aerobic exercise has been shown to make the greatest contribution to a weight-management program. Regular exercise helps maintain resting metabolic rate, lean mass as well as controlling appetite and improving your psychological outlook while losing weight.

From The American Council on Exercise



Cardiovascular Fitness

How efficient is your cardiovascular system?

**Maximum Oxygen Uptake
(ml/min/kg)**

AGE	Low	Fair	Average	Good	High
Women					
20-29	<24	24-30	31-37	38-48	49+
30-39	<20	20-27	28-33	34-44	45+
40-49	<17	17-23	24-30	31-41	42+
50-59	<15	15-20	21-27	28-37	38+
60-69	<13	13-17	18-23	24-34	35+
Men					
20-29	<25	25-33	34-42	43-52	53+
30-39	<23	23-30	31-38	39-48	49+
40-49	<20	20-26	27-35	36-44	45+
50-59	<18	18-24	25-33	34-42	43+
60-69	<16	16-22	23-30	31-40	41+





Improving VO₂

Why it's important: Cardio respiratory fitness best describes the health and function of the heart, lungs and circulatory system. Regular cardiovascular exercise increases body fat utilization, decreases peripheral vascular resistance and increases maximal oxygen consumption. Cardiovascular exercise also favorably modifies risk factors for obesity, diabetes, hypertension, elevated LDL cholesterol, anxiety and depression as well as many other conditions.

Work On It: There are a number of cardiovascular exercise choices available in the Wellness Center. Exercise should be at least 20 minutes in length, ideally performed 3 or more times per week. Exercise intensity should at least be at 70% of maximum heart rate (barring pre-existing conditions). Heart rate monitors are a very effective for customizing your training and in performing aerobic and anaerobic interval training. A staff member can show you how.

From The American Council on Exercise



Flexibility

Percentile Rank	<u>Age Category</u>		
	<35	36-49	50>
men			
99	24.7	18.9	16.2
95	19.5	18.2	15.8
90	17.9	16.1	15.0
80	17.0	14.6	13.3
70	15.8	13.9	12.3
60	15.0	13.4	11.5
50	14.4	12.6	10.2
40	13.5	11.6	9.7
30	13.0	10.8	9.3
20	11.6	9.9	8.8
10	9.2	8.3	7.8
05	7.9	7.0	7.2
01	7.0	5.1	4.0
women			
99	19.8	19.8	17.2
95	18.7	19.2	15.7
90	17.9	17.4	15.0
80	16.7	16.2	14.2
70	16.2	15.2	13.6
60	15.8	14.5	12.3
50	14.8	13.5	11.1
40	14.5	12.8	10.1
30	13.7	12.2	9.2
20	12.6	11.0	8.3
10	10.1	9.7	7.5
05	8.1	8.5	3.7
01	2.6	2.0	1.5

FITNESS CATEGORIES

Excellent	80-99 percentile
Good	60-79
Average	40-59
Fair	20-39
Poor	01-19



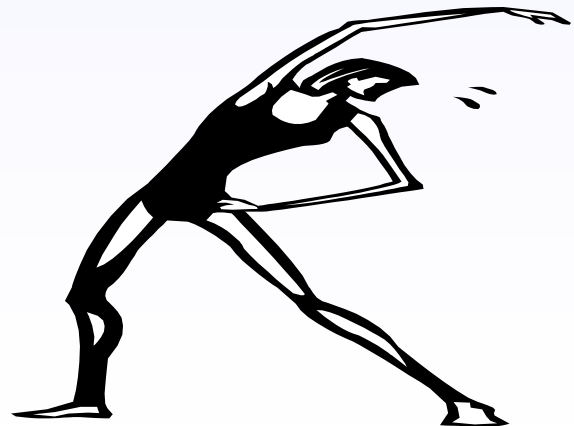
Improving Flexibility



Why it's important: Increasing your flexibility increases physical efficiency and performance and decreases risk of injury. It also increases blood supply and nutrients to joint structures as well as improves neuromuscular coordination. Flexibility training improves muscular balance and postural awareness and decreases muscular and connective tissue pain.

Work on it: Short muscles and connective tissues do not make you tight. It is your nervous system that refuses to let your muscles slide out to their full length! A proper, brief stretching program performed daily will reprogram your nervous system to accept your muscles new length. If you can relax and spend more time stretching, great! There are a variety of contract and relax stretching techniques which can make your stretching even more productive!

From Pavel Tsatsouline – Relax Into Stretch



Muscular Strength and Endurance

PUSH-UP ENDURANCE

Age	Excellent	Good	Average	Fair	Poor
Women					
20-29	>49	34-48	17-33	6-16	<5
30-39	>40	25-39	12-24	4-11	<3
40-49	>35	20-34	8-19	3-7	<2
50-59	>30	15-29	6-14	2-5	<1
60+	>20	5-19	3-4	1-2	0
Men					
20-29	>55	45-54	35-44	20-34	<19
30-39	>45	35-44	25-34	15-24	<14
40-49	>40	30-39	20-29	12-19	<11
50-59	>35	25-34	15-24	8-14	<7
60+	>30	20-29	10-19	5-9	<4





Improving Strength

Why it's important: Strength training increases muscle fiber size and contractile strength. It also increases tendon, bone and ligament strength. Strength training improves physical capacity, body composition, metabolic function and reduces injury risk.

Work on it: Muscles need only be worked intensely 2-3 times per week to see improvement in strength and muscle tone. There are a variety exercises, equipment and programming options to chose from depending on your goals and schedule.

From The American Council on Exercise



Blood Pressure Norms

SYSTOLIC	DIASTOLIC	RECOMMENDED FOLLOW-UP
Less than 120	Less than 80	Have blood pressure checked again in 2 years.
120 to 139	80 to 89	Have blood pressure checked again in 1 year.
140 to 159	90 to 99	Have blood pressure checked again within 2 months
160 to 179	100 to 109	Have a medical evaluation or seek treatment within 1 month.
180 to 209	110 to 119	Have a medical evaluation or seek treatment within one week.
210 or higher	120 or higher	Have a medical evaluation or seek treatment immediately.



Improving Coronary Risks With Exercise



Regular physical activity can help reduce or eliminate some of these risk factors:

- **High blood pressure** -- Regular aerobic activities can lower blood pressure.
- **Cigarette smoking** -- Smokers who become physically active are more likely to cut down or stop smoking.
- **Diabetes** -- People at their ideal weight are less likely to develop diabetes. Physical activity may also decrease insulin requirements for people with diabetes.
- **Obesity and overweight** -- Regular physical activity can help people lose excess fat or stay at a reasonable weight.
- **High levels of triglycerides** -- Physical activity helps reduce triglyceride levels. High triglycerides are linked to developing coronary artery **disease** in some people.
- **Low levels of HDL** -- Low levels of HDL ("good") cholesterol (less than 40 mg/dL for men/less than 50 mg/dL for women) have been linked to a higher risk of coronary artery **disease**. Recent studies show that regular physical activity can significantly increase HDL cholesterol levels and thus reduce your risk.

From the The American Heart Association



Improving Coronary Risks Through Diet



As you make daily food choices, base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1 percent fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 milligrams of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 milligrams of sodium per day.
- If you drink alcohol, drink in moderation. That means one drink per day if you're a woman and two drinks per day if you're a man.
- Keep an eye on your portion sizes.

