

Personal Profile

For


Jencie Tiller


3/31/2009

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	High Normal	Mild	Moderate	Severe	Very Severe
Systolic	 111					
	< 130	130 - 139	140 - 159	160 - 179	180 - 209	> 209

	Normal	High Normal	Mild	Moderate	Severe	Very Severe
Diastolic	 38					
	< 85	85 - 89	90 - 99	100 - 109	110 - 119	> 119

Jencie, your blood pressure of 111/38 mmHg is within the Normal range. Keeping your blood pressure within this range will greatly reduce your chances of having a heart attack or stroke. The American Heart Association recommends having your blood pressure checked on a regular basis.

BLOOD PRESSURE TIPS

It's important to realize that changing your lifestyle or living habits could have a dramatic effect on your blood pressure. Therefore, to keep your blood pressure from becoming elevated exercise regularly, control your weight, limit alcohol consumption and avoid excess salt and dietary fats.

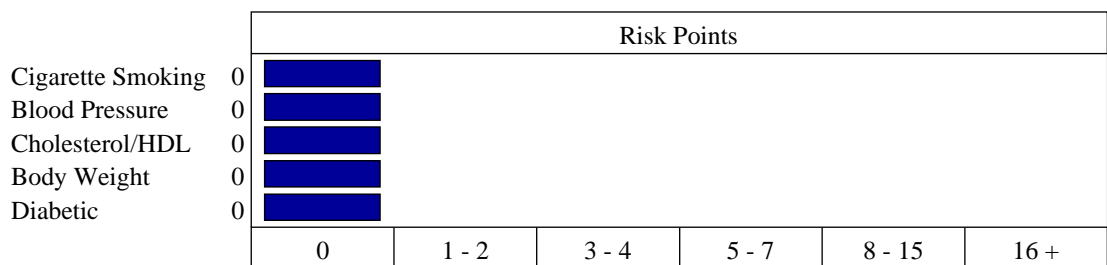
HEART DISEASE

Coronary heart disease is the most common form of heart disease and the leading cause of death in the United States. In this country, it is estimated that 550,000 people die each year from coronary heart disease, and that one American in four currently suffers from some type of heart or blood vessel disease. Many of these deaths could be avoided by simply understanding the risk factors associated with coronary heart disease and what steps you can take to reduce your risk.

Primary Risk Factors: Cigarette smoking, high blood cholesterol, hypertension (high blood pressure) and physical inactivity.

Secondary Risk Factors: Age (risk increases with age), excess body fat, male sex and family history of heart disease.

YOUR RISK FACTORS



YOUR RISK FOR HEART DISEASE

Low	Low-Mod	Mod-High	High	Very High
[Bar chart showing 0 points]				
0 - 2	3 - 4	5 - 7	8 - 15	16 +

Jencie, from the graph you can see that you have a Low risk of developing heart disease for a 21 year old female. Follow the recommendations below to keep your risk low.

RECOMMENDATIONS

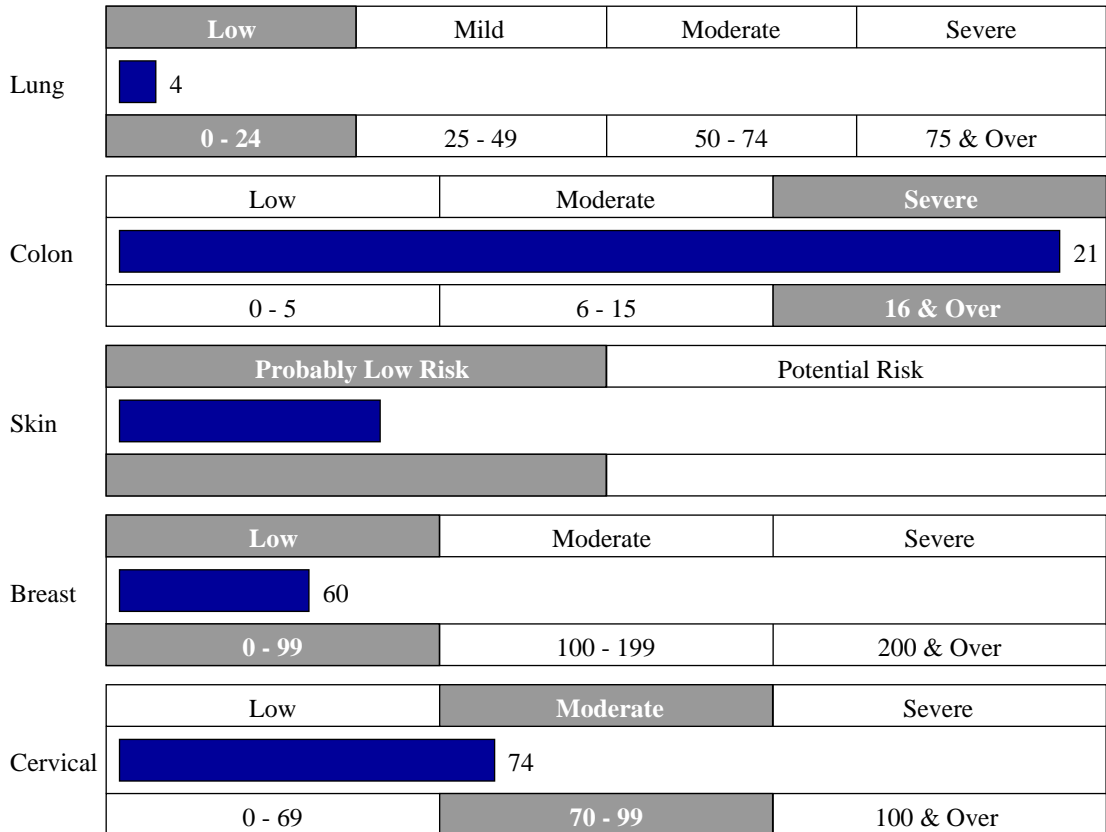
- Continue to avoid smoking. Smoking would add up to 9 risk points to your score.
- Have your blood pressure checked regularly even though it's in the good range.
- To keep your cholesterol from becoming elevated, avoid foods high in saturated fats and cholesterol (whole milk, cheese, eggs, butter, fatty foods and fried foods).
- Continue to maintain a healthy weight.
- Stay physically active. Physical inactivity, besides being a risk factor for heart disease, contributes to other risk factors including obesity, high blood pressure and a low level of HDL cholesterol.

CANCER

Cancer is the uncontrolled growth and spread of abnormal cells. If the cancer is not controlled, it will result in death. However, many cancers can be cured if detected and treated promptly, and many others can be prevented by lifestyle changes.

It's estimated that in 1990 alone, 1,040,000 people were diagnosed as having cancer. Approximately 30% of all Americans now living (about 76 million people) will eventually have cancer.

YOUR RISK FOR CANCER



CANCER TIPS

Remember, 60-80 percent of all cancers are preventable and about 50 percent are curable. Use the following tips and warning signs to help you avoid cancer.

- Eat more cabbage-family vegetables
- Add high fiber foods to your diet
- Respect the sun's rays
- Choose foods high in vitamins A & C
- Trim fat from your diet
- Stay clear of tobacco
- Go easy on alcohol
- Maintain a healthy weight

WARNING SIGNS - American Cancer Society

- Sudden change in bowel or bladder habits.
- A sore that does not heal.
- Unusual bleeding or discharge.
- Thickening or lump in breast or elsewhere.
- Indigestion or difficulty in swallowing.
- Obvious change in wart or mole.
- Nagging cough or hoarseness.



STRESS AND DEPRESSION

Stress may be thought of as a reaction to real or imagined threats in the present or future and to feelings of vulnerability or weakness. Depression may be thought of as a reaction to past events combined with feelings of hopelessness or helplessness. Even the most psychologically stable persons will have occasional periods of stress and depression.

Relatively mild episodes of stress or depression are universal and require no special treatment. But, in some people, these emotions can gather momentum and have a negative effect on the quality of life and health.

In most cases, individuals can manage and control stress on their own. The trick is to recognize these problems for what they are and to take appropriate corrective action.

YOUR STRESS AND DEPRESSION RESULTS

	Low	Mild	Moderate	Severe
Stress 40				
Depression 49				
	< 31	31 - 45	46 - 60	60 +

Jencie, your stress assessment is mild (score 40) and your depression assessment is moderate (score 49). Please note that the results are based on your answers to a self assessment test for stress which utilizes a modification of the State-Trait Anxiety Inventory and the Self Assessment Test for depression which is based on the Beck Depression Index. The assessments are made to make you aware of the possibility of problems. They are not a medical diagnosis. If you have any questions or concerns, you should consult your physician or other qualified professional.

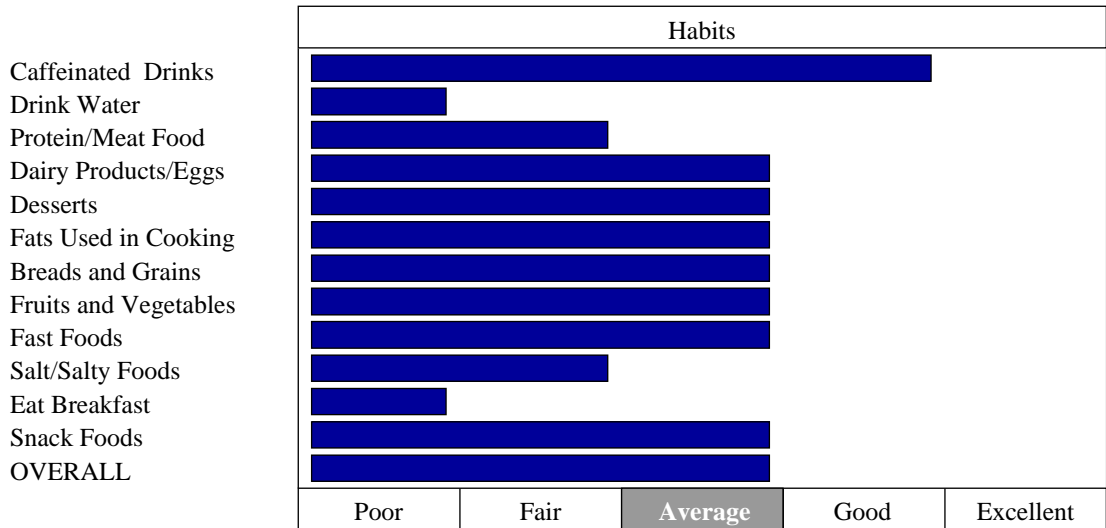
STRESS REDUCTION TIPS

- Get at least seven to eight hours of sleep each day.
- Eat a well balanced diet.
- Exercise regularly.
- Manage your time by organizing each day.
- Develop a sense of humor. Humor can break the tension of many stressful situations.
- Learn to say "No" to extra projects for which you have neither time nor energy.
- Practice relaxing. Arrange a personal quiet time and engage in activities you enjoy every day.

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



Jencie, from the graph you can see that your overall nutrition ranking is Average. This means your overall eating habits could still be improved. Ideally you want to score Good or Excellent in all the categories above.

NUTRITION TIPS

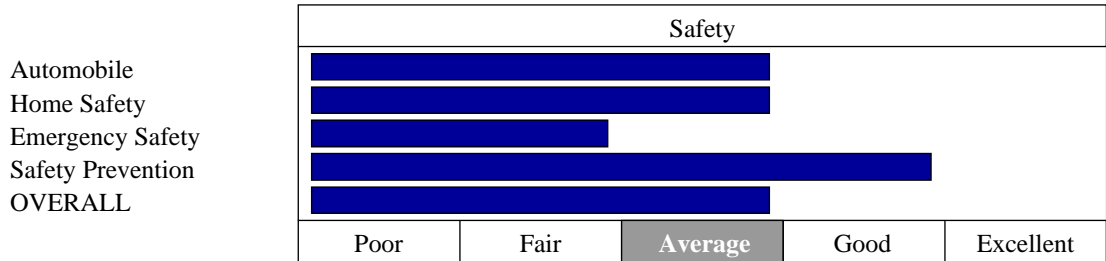
Maintain good nutrition by eating a variety of unrefined foods, rich in fiber, low in fat, cholesterol and salt. Emphasize fresh fruits, whole grain breads and vegetables. Pay close attention to the personal recommendations below marked with a '■'.

- 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.

SAFETY

Accidents are a leading cause of injury and lost work time. While some accidents are beyond your control, many can be prevented through simple precautions.

YOUR SAFETY ASSESSMENT



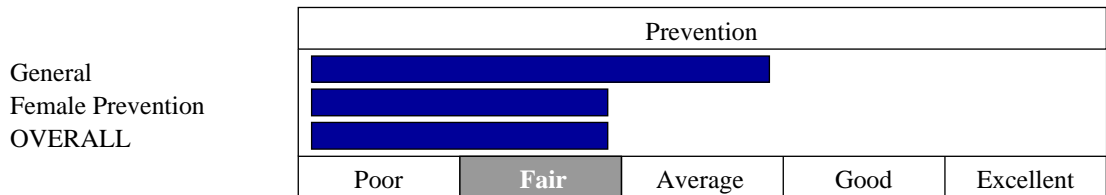
SAFETY TIPS

- Continue to wear your seat belt while in a car.
- Make a conscious effort to drive within the speed limit.
- Continue to avoid riding in a car when the driver is intoxicated.
- Continue to test your smoke alarms every two months.
- Continue to lift heavy objects with care.

PREVENTION

You can get the most out of the medical care system by knowing how to use it wisely. Seek medical care when necessary. Ask questions when you do not understand a medical term or instruction. Have preventative exams and screenings to ensure early detection and treatment of health problems.

YOUR PREVENTIVE CARE ASSESSMENT



PREVENTIVE CARE TIPS

- Maintain a relationship with a personal physician who has examined you and has earned your confidence.
- Continue having medical checkups by your physician every 1-3 years.
- Have a pelvic exam including a PAP test annually.
- Continue to examine your breasts for lumps or changes every month.
- Have a mammogram (x-ray) on your breasts annually.

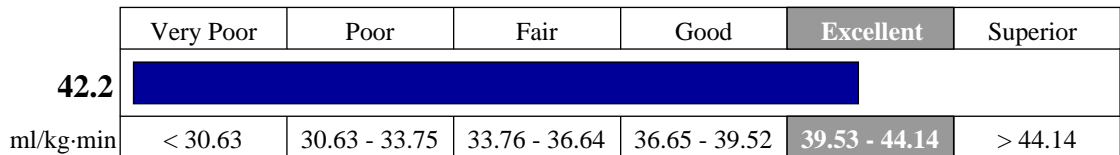
CARDIOVASCULAR

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: Non-Exercise VO2	Max VO2: 42.2

Jencie, from the results of the Non-Exercise VO2 assessment, your maximum oxygen consumption is calculated to be 42.2 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



Comparing your results with other females between the ages 20 - 29, places you in the 80th percentile and the Excellent cardiovascular fitness classification.

Jencie, in order to reach the Superior classification, you would need to increase your max VO2 to 44.15 ml/kg·min or a 4.6% 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

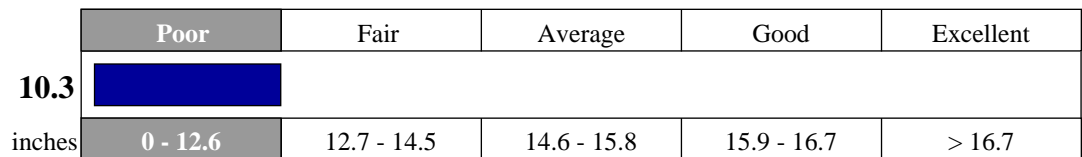
FLEXIBILITY

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: 10.3 in	

Jencie, your flexibility classification is calculated using the measurements from the above flexibility protocols and established guidelines and norms.

YOUR MODIFIED SIT AND REACH RANKING



Jencie, 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 improve your flexibility.

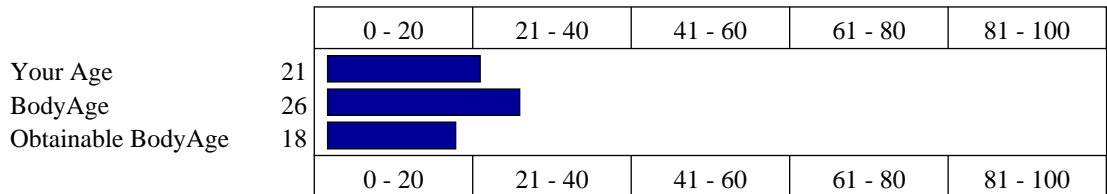
STRETCHING TIPS

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.

BodyAge

Jencie, your BodyAge is 26 compared to your chronological age of 21. 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

Jencie, 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 Colon Cancer Health Risk Appraisal score from Severe to Low will improve your BodyAge by 5 years.
- Improving your Flexibility ranking from Poor to Average will improve your BodyAge by 2 years.
- Improving your Depression Health Risk Appraisal score from Moderate to Low will improve your BodyAge by 4 years.
- Improving your Prevention Health Risk Appraisal score from Fair to Good will improve your BodyAge by 2 years.
- Improving your Stress Health Risk Appraisal score from Mild to Low will improve your BodyAge by 3 years.
- Improving your Safety Health Risk Appraisal score from Average to Excellent will improve your BodyAge by 2 years.
- Improving your Nutrition Health Risk Appraisal score from Average to Excellent will improve your BodyAge by 3 years.
- Improving your Cardiovascular VO2 score from 42.2 to 44.15 will improve your BodyAge by 1 year.