

# Personal Profile

For

**Andrew Huber**

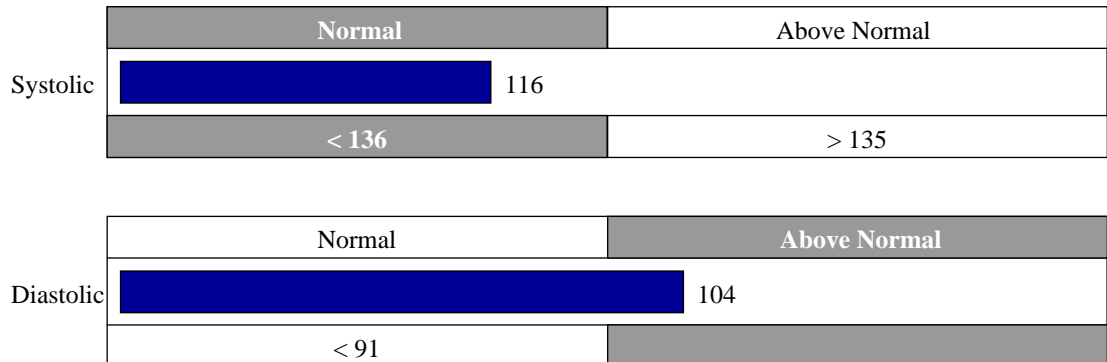
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**3/31/2009**

# 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



Andrew, your blood pressure of 116/104 mmHg is above the Normal range. This doesn't necessarily mean that you have high blood pressure or hypertension. Blood pressure may be temporarily elevated by anxiety, caffeine, exercise, or a number of other sources. Monitor your blood pressure regularly. If your blood pressure remains elevated, see your doctor. Also, try the suggestions below to reduce your level.

## 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.

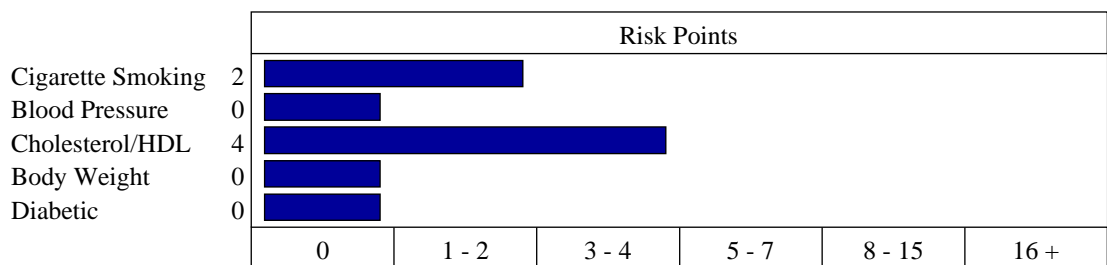
# HEART DISEASE

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.

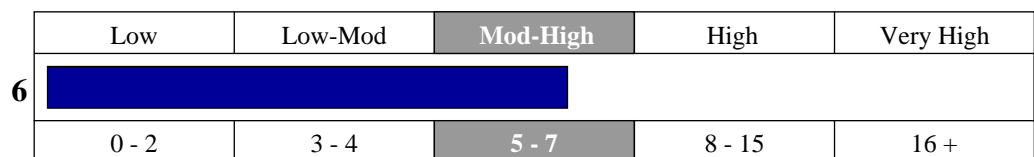
Primary Risk Factors: Cigarette smoking, high blood cholesterol, hypertension (high blood pressure) and physical inactivity.

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



Andrew, from the graph you can see that you have a Mod-High risk of developing heart disease for a 18 year old male, follow the recommendations below to reduce your risk.

## RECOMMENDATIONS

- Quit smoking for good. Many programs are available to help.
- Have your blood pressure checked regularly even though it's in the good range.
- Reduce your high cholesterol through diet. 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.

# DIABETES

Diabetes can be defined as an insulin deficiency that interferes with your body's metabolism. The uncontrolled diabetic is unable to transport glucose (sugar) into fat and muscle cells, and as a result, there is an increased breakdown of fat and protein. Diabetes affects 10 million people in the United States, and 600,000 Americans are diagnosed annually as having the disease.

Although diabetes is hereditary, several studies suggest that overweight and obese individuals have a greater chance of developing diabetes than do people at or near their ideal weight.

## YOUR RISK FACTORS

		Low	Moderate	High
Weight	0			
Exercise	0			
Age	0			
Sibling with Diabetes	0			
Parent with Diabetes	0			
		0	1 - 5	6 +

## YOUR RISK FOR DIABETES

Low	High
0	
0 - 9	10 +

Andrew, you scored 0 risk points and are probably at Low risk for having Type II diabetes now, but don't just forget about it, especially if you are Hispanic, African American or Native American. You may be at risk in the future.

## DIABETES TIPS

### SYMPTOMS OF DIABETES American Diabetes Association

- Excessive thirst
- Frequent urination
- Extreme fatigue
- Unexplained weight loss
- Blurred vision

For more information on diabetes, its treatments, and diabetes programs and resources available in your area, you may contact your local American Diabetes Association Office. Numbers are listed in the white pages of the phone book.


# STRESS

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. Even the most psychologically stable persons will have occasional periods of stress.

Relatively mild episodes of stress 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 RESULTS

		Low	Mild	Moderate	Severe
Stress	26				
		< 31	31 - 45	46 - 60	60 +

Andrew, your stress assessment is low (score 26). 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.

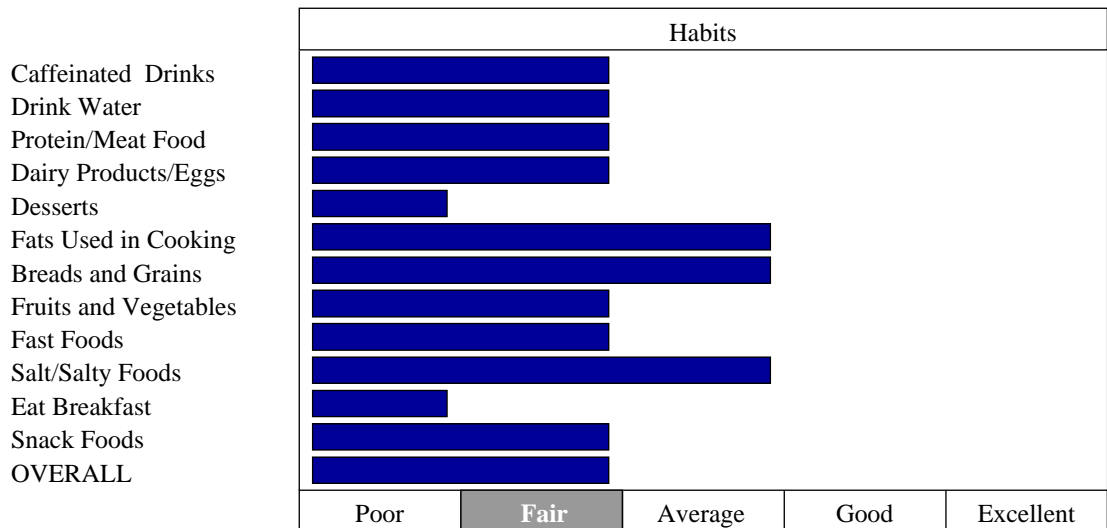
## STRESS REDUCTION TIPS

- 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



Andrew, from the graph you can see that your overall nutrition ranking is Fair. 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 '■'.

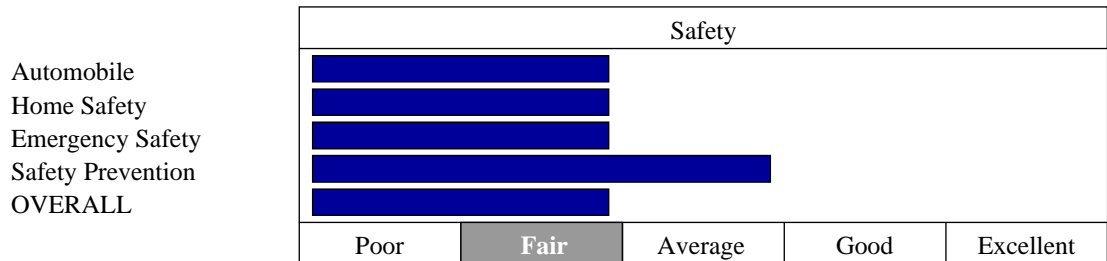
- Fish or white meat poultry is preferable to red meats. Vegetable proteins, such as beans and grain/nut mixtures, are good substitutes for meats.
- Use low or nonfat milk and dairy products in place of butter, cream and cheese.
- Use vegetable oils and margarine in place of solid or animal fats.
- Choose 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

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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

- Always 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.

# 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.

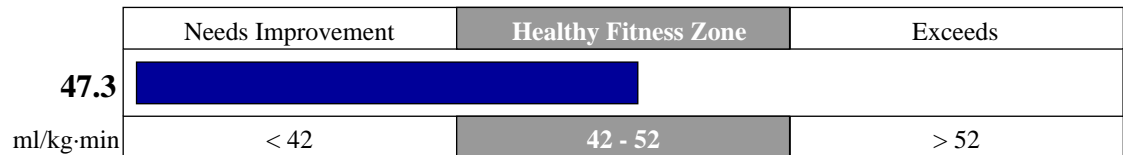
## Cardiovascular Assessment

Protocol: Non-Exercise VO2

Max VO2: 47.3

Andrew, from the results of the Non-Exercise VO2 assessment, your maximum oxygen consumption is calculated to be 47.3 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 males between the ages 14 - 19, places you in the 75th percentile and the Healthy Fitness Zone cardiovascular fitness classification.

*Andrew, in order to reach the Exceeds classification, you would need to increase your max VO2 to 0.53 ml/kg-min or a -98.9% 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:	9 in

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

## YOUR MODIFIED SIT AND REACH RANKING



Andrew, the graph shows your flexibility is in the Healthy Fitness Zone. Good Job! Follow the tips below to maintain your flexibility.

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.