

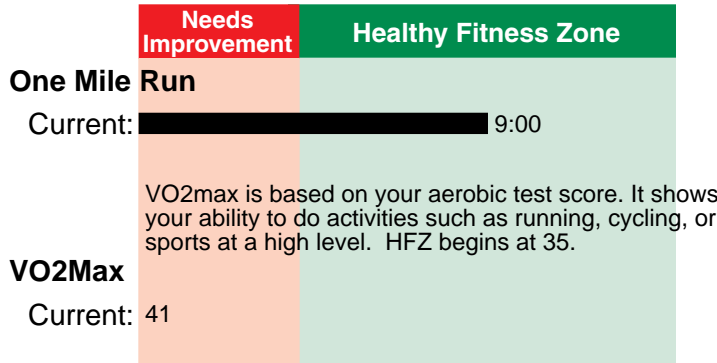
Your scores on 5 of 6 tests were in or above the Healthy Fitness Zone. You are also doing strength and flexibility exercises. However, you need to participate in aerobic activity most every day.

Jessica Grillo
Grade: College Age: 18
Unassigned School

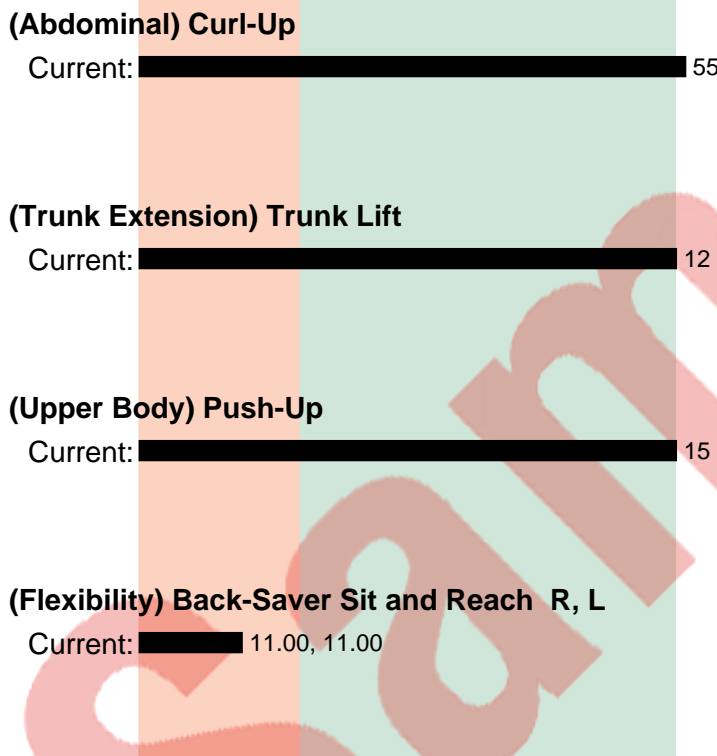
Instructor: Jessica Grillo

Date	Height	Weight
Current: 03/25/2008	5' 8"	156 lbs

AEROBIC CAPACITY



MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY



BODY COMPOSITION



Being too lean or too heavy may be a sign of (or lead to) health problems.

ACTIVITY

Question	Number of Days
On how many of the past 7 days did you participate in physical activity for a total of 30-60 minutes, or more, over the course of the day?	3
On how many of the past 7 days did you do exercises to strengthen or tone your muscles?	3
On how many of the past 7 days did you do exercises to loosen up or relax your muscles?	3

MESSAGES

Although your aerobic capacity score is in the Healthy Fitness Zone now, you are not doing enough physical activity. Try to participate in moderate or vigorous aerobic activities 30 to 60 minutes at least 5 days each week to maintain your fitness.

Improve your flexibility by continuing to do your stretching activities. Be sure that you are stretching slowly 3 or 4 days each week, holding the stretch 20-30 seconds.

Your trunk and upper-body strength are both in the Healthy Fitness Zone. To maintain your fitness, be sure that your strength-training activities include resistance exercises for each of these areas. Trunk exercises should be done 3 to 5 days each week. Strength activities for other parts of your body should be done 2 to 3 days each week.

Your abdominal strength was very good. To maintain your fitness level, be sure that your strength activities include curl-ups 3 to 5 days each week. Remember to keep your knees bent. Avoid having someone hold your feet.

Jessica, your body composition is in the Healthy Fitness Zone. Doing physical activity most days may help to maintain your level of body composition. You should also eat a healthy diet including more fruits and vegetables and fewer fats and sugars.

Healthy Fitness Zone for 18 year-old girls
 One Mile Run = 8:00 - 10:00 minutes
 Curl-Up = 18 - 35 repetitions
 Trunk Lift = 9 - 12 inches
 Push-Up = 7 - 15 repetitions
 Back-Saver Sit and Reach =
 At least 12 inches on R & L
 Body Mass Index = 17.20 - 27.30

Number of Days To be healthy and fit it is important to do some physical activity almost every day. Aerobic exercise is good for your heart and body composition. Strength and flexibility exercises are good for your muscles and joints.

Good job! You are doing some aerobic activity and strength and flexibility exercises. Additional vigorous aerobic activity would help to promote higher levels of fitness.