

DATA SUMMARY

Name: Stephanie Smith
ID: 000071289

Report Date: 04/01/08

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DEMOGRAPHICS

Age (Years): 18
Group:

BIOMETRICS

Height (in): 68
Weight (lbs): 156
Blood Pressure (mm/HG): 111/80
Body Mass Index (BMI): 23.7

HEALTH RISK APPRAISAL

Heart Disease: Low
Lung Cancer: Low
Colon Cancer: Low
Skin Cancer: Potential
Breast Cancer: Low
Cervical Cancer: Moderate
Diabetes: Low
Stress: Low
Depression: Mild
Nutrition: Good
Prevention: Fair
Safety: Average
Youth Alcohol: High
Youth Drugs: Low
Youth Nutrition: Fair
Youth Body Weight: **Fair**
Youth Physical Activity: Fair to Good
Youth Safety: Moderate
Youth Suicide: Low
Youth Tobacco: Moderate
Youth Violence: Low
FitSmart Form 1: N.I.

CARDIOVASCULAR

Non-Exercise VO2 (Max VO2): 43.1

BODY COMPOSITION

Direct Value: 23.7%
Lean Body Mass : 119 lbs