

Your scores on all tests were in or above the Healthy Fitness Zone. Continue your strength and flexibility exercises and do aerobic activities most every day.

Michael Galeotafiore

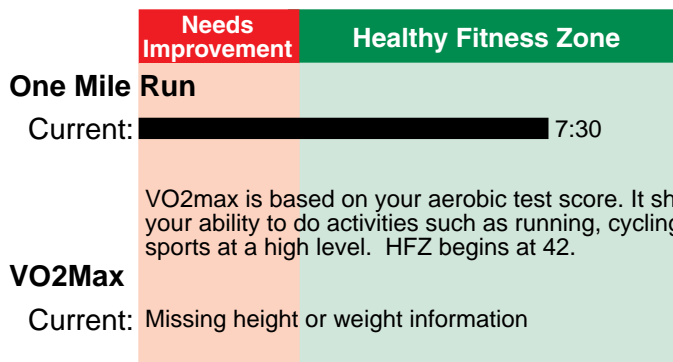
Grade: College Age: 18

Unassigned School

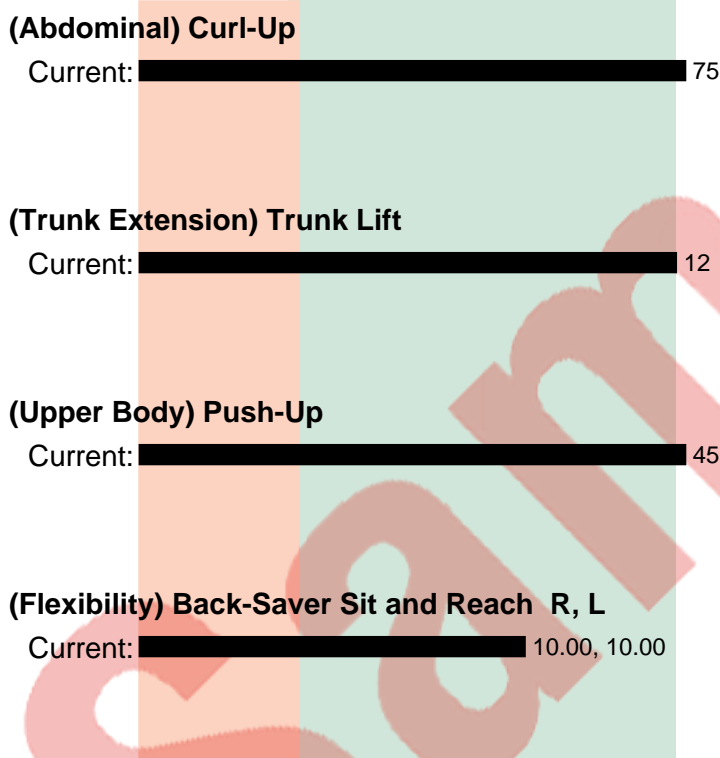
Instructor: Michael Galeotafiore

	Date	Height	Weight
Current:	03/27/2008	5' 10"	

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

	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?	2
On how many of the past 7 days did you do exercises to strengthen or tone your muscles?	5
On how many of the past 7 days did you do exercises to loosen up or relax your muscles?	2

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.

Your trunk strength is in the Healthy Fitness Zone. To maintain your fitness, be sure that your strength-training activities include trunk lifts in a slow, controlled manner at least 3 to 5 days each week.

Your flexibility is in the Healthy Fitness Zone. To maintain your fitness, continue to stretch slowly 3 or 4 days each week, holding the stretch 20-30 seconds. Don't forget that you need to stretch all areas of the body.

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.

Your upper-body strength was very good. To maintain your fitness level, be sure that your strength activities include resistance exercises for the upper body. Do these exercises 2 to 3 days each week.

Michael, if you will do physical activity at least 5 days each week, you may see an improvement in your body composition. Also, eat a healthy diet including more fruits and vegetables and fewer fats and sugars. Improving body composition may help improve other fitness scores.

Healthy Fitness Zone for 18 year-old boys

- One Mile Run = 7:00 - 8:30 minutes
- Curl-Up = 24 - 47 repetitions
- Trunk Lift = 9 - 12 inches
- Push-Up = 18 - 35 repetitions
- Back-Saver Sit and Reach =
At least 8 inches on R & L
- Body Mass Index = 17.80 - 27.80

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.