

Personal Profile

For

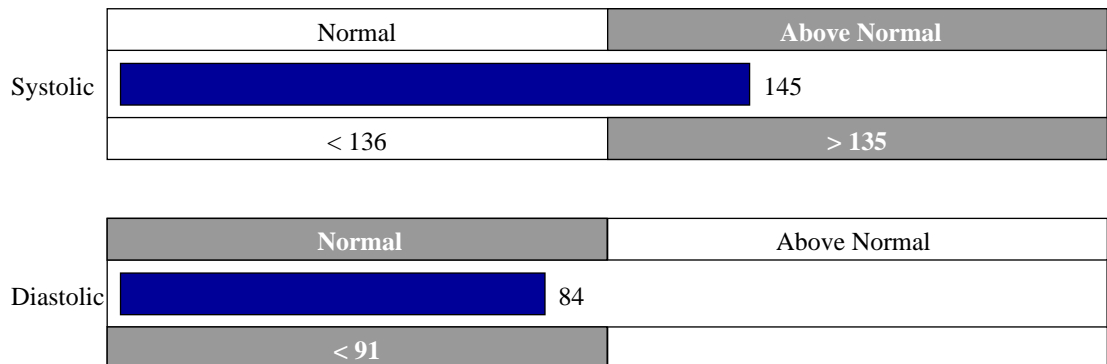
Rico Suave

4/3/2008

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



Rico, your blood pressure of 145/84 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.

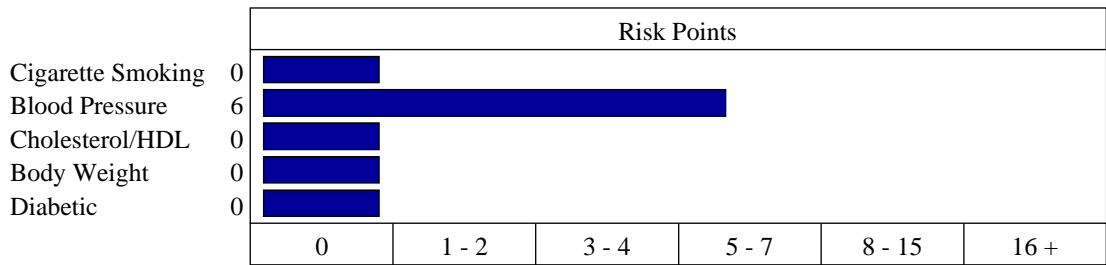
HEART DISEASE

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.

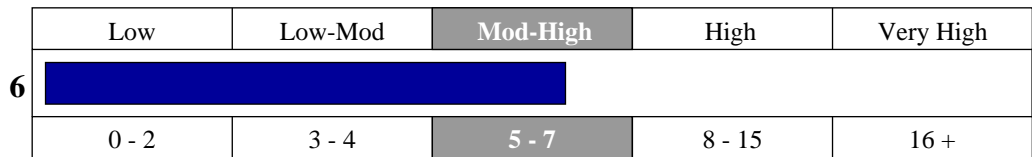
Primary Risk Factors: Cigarette smoking, high blood cholesterol, hypertension (high blood pressure) and physical inactivity.

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



Rico, 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

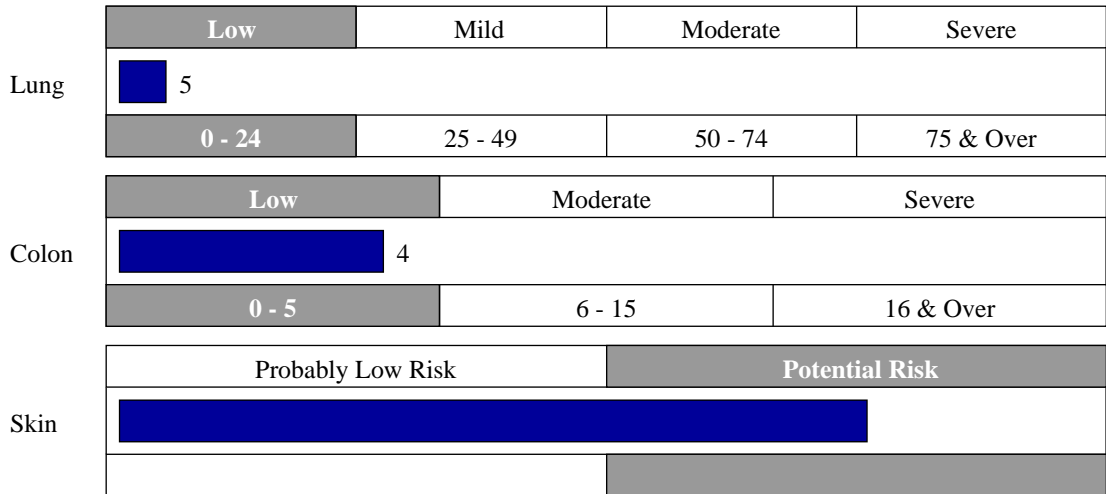
- Continue to avoid smoking. Smoking would add up to 9 risk points to your score.
- Have your blood pressure checked regularly. If your systolic blood pressure is above 155 for men and 161 for women, you have high blood pressure and should follow your doctor's advice.
- To keep your cholesterol from 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.

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 - 9	10 +

Rico, 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 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 27				
Depression 27				
	< 31	31 - 45	46 - 60	60 +

Rico, your stress assessment is low (score 27) and your depression assessment is low (score 27). 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.

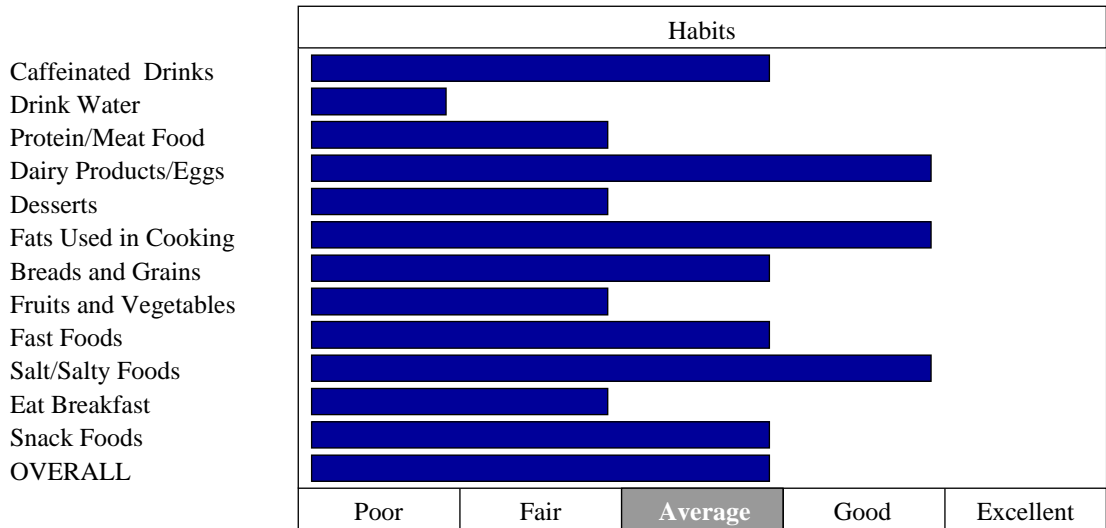
STRESS REDUCTION TIPS

- 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



Rico, 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

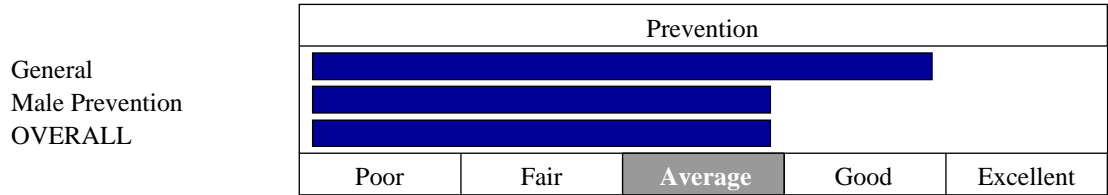
Maintain good nutrition by eating a variety of unrefined foods, rich in fiber, low in fat, cholesterol and salt. Emphasize fresh fruits, whole grain breads and vegetables. Pay close attention to the personal recommendations below marked with a '■'.

- 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.

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

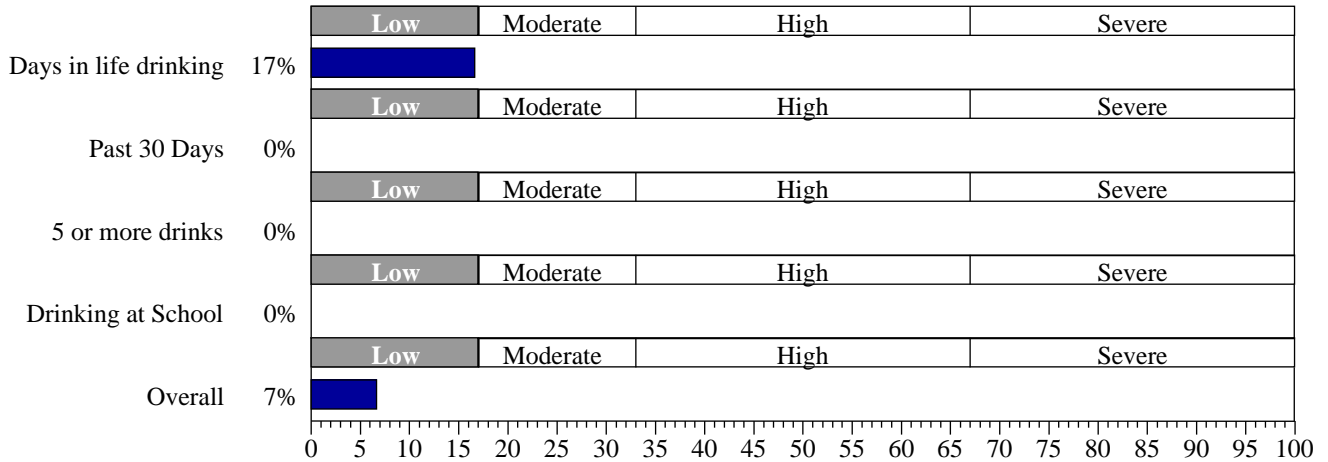


PREVENTIVE CARE TIPS

- 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.
- Examine your testicles for lumps or changes every month.
- Continue to have rectal and prostate exam annually.

YOUTH ALCOHOL

Alcohol is a drug that is produced by a chemical reaction in fruits, vegetables, and grains. Decisions about using alcohol are up to each individual. To make such important decisions, people need to know how alcohol affects their bodies and their judgment. There are over 95,000 alcohol related deaths each year. Drinking is illegal for teens-which is a good reason to avoid it, but can also seriously damage your body-especially teens. Your alcohol drinking habits are listed on the graph below and are rated from low risk of alcohol related problems to severe risk.



Rico, the chart above shows your assessment score.

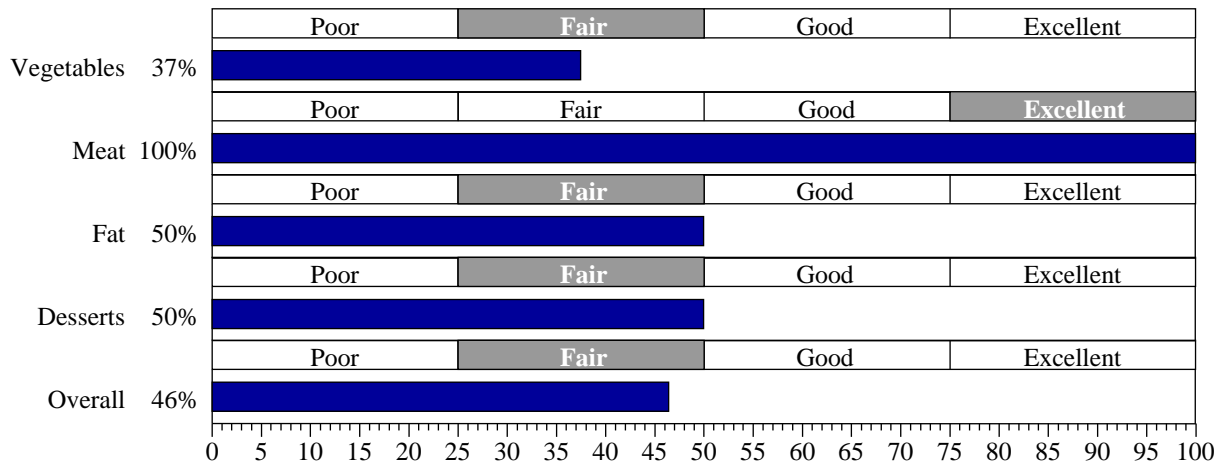
Keep up the good habits! Keep in mind the following effects and statistics of alcohol listed below.

ALCOHOL FACTS

- Causes the heart to beat faster and the blood vessels to widen
- The brain becomes less able to control the body
- Movement, speech, and vision are all affected
- Alcohol causes the kidneys and liver to work harder
- Drinking alcohol for many years eventually destroys millions of brain cells
- A person who drinks regularly is likely to suffer liver damage called cirrhosis, which is scarring and destructive to the liver, and can cause death
- Heavy drinking contributes to high blood pressure and may damage the heart muscle
- Approximately one-third of the crimes committed by youth are related to alcohol consumption
- Nearly 50 percent of all teen suicide victims had been drinking alcohol at the time of their death
- About 12,000 young people die in this country each year in accidents that involve alcohol
- Almost one-third of all traffic deaths involving a person under the age of 25 are related to alcohol
- More than half of all people who die from drowning accidents have been drinking

YOUTH NUTRITION

Good nutrition is essential for good 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 rates from poor to excellent on the Nutrition Habits Scale.



Rico, the chart above shows your assessment score.

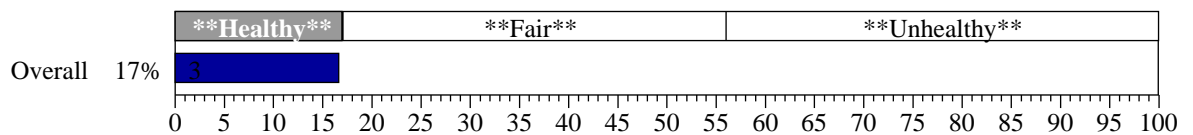
*Your overall nutrition is fair, but you need to improve it. Ideally you want to score Good or Excellent in all nutrition areas. Pay close attention to the tips below.

NUTRITION FACTS

- Eat 2-3 servings a day of fresh fruit such as apples or bananas
- Fruit juice with the pulp in it provides healthy fiber as well as important vitamins and minerals found in the juice
- Eat 2-3 Servings per day of vegetables
- Vegetables are an excellent source of vitamins that help in proper body growth and healthy skin
- Fish or white meat poultry is preferable to red meats
- Vegetable proteins, such as beans, veggie or garden burgers, and grain/nut mixtures are good substitutes for meats
- Avoid french fries and potato chips
- They are high in fat and salt
- Eat vegetables or fruits instead
- Moderate eating cookies, doughnuts, pie, and cakes
- These are high in saturated fats and have a lot of "empty calories" which do not have any nutritional value

YOUTH BODY WEIGHT

Controlling body weight is the biggest issue in health and fitness today. Magazines and TV influence how we think we should look. Most of the models in the ads we see everyday have unrealistic bodies and most are computer altered to make them look thinner than they really are. There are three main types of bodies: Ectomorphs (thin frame), Mesomorphs (medium frame) and Endomorphs (large frame). It is unrealistic for someone with a large frame to try and looks like someone with a small frame. You need to accept the body you have. The important part of body composition is how much body fat you have, not your body weight. In a PE class you will likely get your body fat percentage tested with calipers or some other method. You should always stay within the healthy range. Going below the healthy range can cause many health problems. Going above the healthy range is also unhealthy.

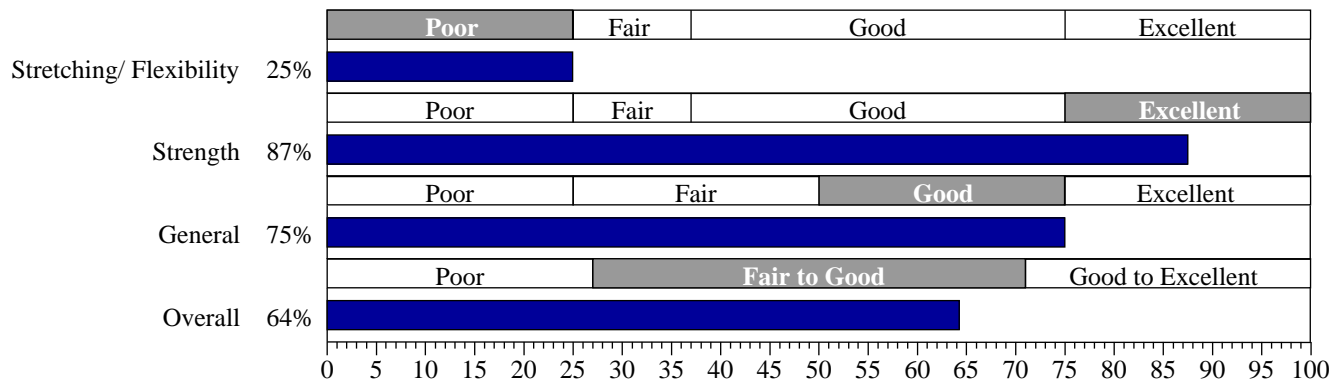


Rico, the chart above shows your assessment score.

- Your body type is yours and yours alone
- By eating right and exercising your body will be healthy, and healthy bodies of all types are beautiful

YOUTH PHYSICAL ACTIVITY

Advances in technology have made our lives less active than in the past. Where we used to have to walk up stairs, we now ride the elevator. Where we used to walk to work, we now drive. This is just a couple of reasons why our society as a whole is getting fatter and less fit. There are easy ways to increase our activity level to where it should be. Participating in sports is one way to be active and also have fun. There are three components of physical activity: strength, cardiovascular, and flexibility. Each area is equally important to overall health and wellness. The areas in which you need improvement, or are in the healthy range are listed below.



Rico, the chart above shows your assessment score.

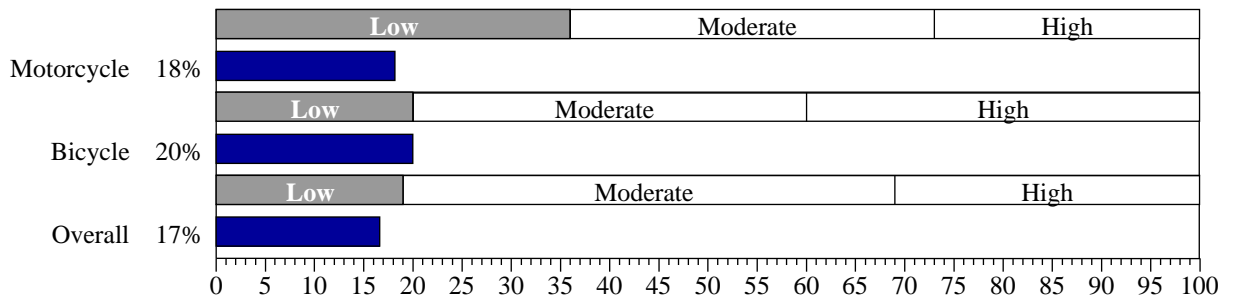
PHYSICAL ACTIVITY FACTS

- Doing some kind of cardiovascular activity at least 3 times per week for 20 minutes each time is ideal
- This will make you feel better and is a great habit to get into for the rest of your life
- To maintain flexibility, you must stretch at least 2 times per week
- People with good flexibility can twist and bend their bodies easily whereas people with poor flexibility are stiff and have difficulty moving
- Strength is important not only for sports
- Strength helps people with day-to-day activities like taking the groceries out of the car or mowing the lawn
- It is important to work on strength exercises like pushups, sit-ups or weight lifting at least 2 times per week
- If you are not required to take physical education classes, you should take them every year anyway
- This is a great opportunity to learn about fitness and wellness
- Once you are out of school it is very difficult to get this type of good information anywhere else

YOUTH SAFETY

Safety on the road, whether driving a car, a motorcycle or a bicycle involves obeying the rules of the road and also using common sense. Start with the easy ways to stay safe like wearing a seat belt in the car, a helmet on a bike or motorcycle and staying out of cars where the driver has been drinking. For every 100 young people killed in a car in the United States last year, 80 would still be alive if they had been wearing a seat belt. Your chances of being killed in a motorcycle accident are 17 times greater than if you are in a car. Half of all cyclists between the ages of 15 and 20 killed on bikes this year were not wearing helmets. Every day, 11 teenagers are killed and over 350 are injured in alcohol-related motor vehicle crashes.

As shown on the pie graph to the right, 44% of deaths of young people (age 15-24) die from preventable accidents. Don't be a piece of this pie!



Rico, the chart above shows your assessment score.

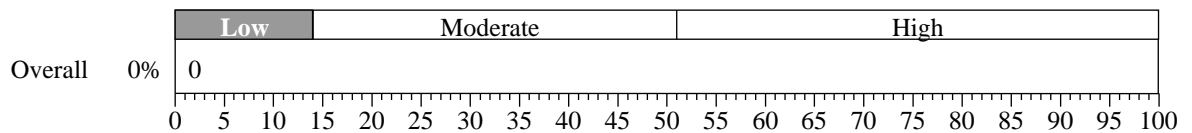
Good Job! Continue to be safety conscious and keep in mind the following tips.

SAFETY FACTS

- Get in the habit of wearing a seatbelt all the time-even for short trips in the car
- There are cool bike helmets, look for one at a local bike shop
- The hard shell kind of bike helmet is the best
- Avoid riding on motorcycles or motor scooters
- If you do, always wear an approved helmet
- Never get in a car where the driver has been drinking
- It is always better to walk or call a friend or relative to pick you up than to even go a short distance with someone who has been drinking

YOUTH SEXUAL

There are many risks involved with being sexually active as a teen. There is the risk of Sexually Transmitted Diseases (STD's) including HIV/AIDS and emotional effects. STD's are illnesses that pass from one person to another through sexual contact. Some common STD's are Gonorrhea, Chlamydia, Genital Warts, Genital Herpes, and Syphilis. Each of these diseases are harmful to your health in different ways. The chance of getting STD's can be reduced with certain methods, but teens are at greater risk because of the lack of knowledge about these methods. The best way to prevent STD's is abstinence, or choosing not to have sex. Another way is using condoms.



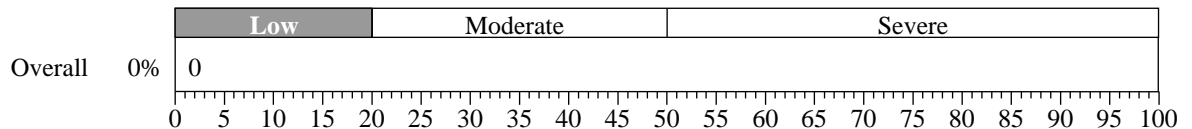
Rico, the chart above shows your assessment score.

*You have abstained from sexual activity. This is the best thing for young people to do. When you are older and more mature, sex can be a healthy part of loving relationships.

- Avoid being alone with a date
- Choose friends that have similar values in regards to sexual activity
- Say no with words and also actions
- If you are alone with a date and they say "If you really love me, you would have sex with me", you should say "If you really love me, you would not ask me to do something to put me at risk"

YOUTH SUICIDE

In the United States every year about 10,000 teens commit suicide. About 80% of these use guns. Every person who contemplates suicide, but does not go through with it is eventually glad they did not do it. All teenagers go through many hormonal changes, which cause sudden emotional shifts. These hormonal changes can cause feelings of depression or hopelessness, which vary in duration and intensity. Sometimes people need outside help to get through these times of depression. Remember, suicide is never the answer to your problems.



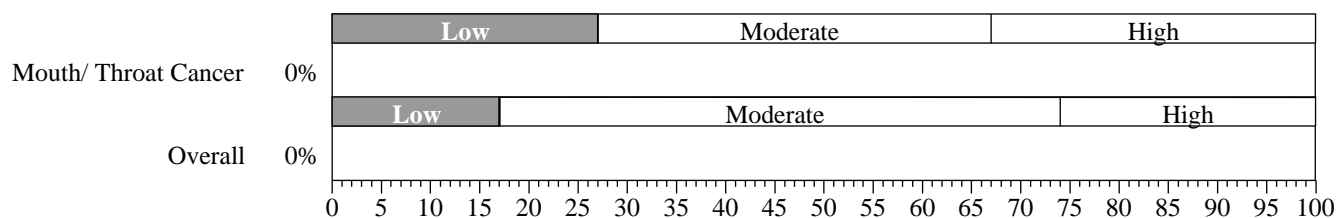
Rico, the chart above shows your assessment score.

It seems you are an emotionally healthy teen. Great! Remember if you ever feel like life is overwhelming and you have nowhere to turn, there is always somewhere to turn. If you have any friends talking about suicide, take it seriously and talk to them about it. Recommend they get help or offer to get help for them. You could save a friend's life.

- Focus on your strengths
- Start by making a list of all your past successes and strengths
- Accept constructive criticism
- Accepting criticism and using it to improve yourself rather than taking it personally is much healthier
- Try focusing on the problem itself rather than how the criticism makes you feel
- Recognize your feelings
- When you react to a situation, stop and ask yourself why you did that
- You may find you are overeating because you are under stress in other parts of your life
- Communicate how you feel
- Good communication is both listening and also expressing yourself clearly
- Practice this with a friend next time you have strong feelings about something

YOUTH TOBACCO

Smoking, chewing and dipping tobacco is the number one killer of avoidable deaths in the United States. Teens are the nation's fastest growing group of smokers. Teens start to smoke for many reasons including; advertising, peer pressure, to seem sophisticated or cool, stimulation or for relaxation and stress relief. Also, most teens feel they can quit smoking at any time. It's hard to imagine not being able to quit something you want to stop, but tobacco will do just that -- cause addiction. Addiction is a physiological or psychological dependence on a substance or activity. Adults, who began smoking as teens, are still smoking not because they want to but because they are addicted. If you feel the urge to start smoking, pay attention to the reasons you want to start and decide whether it's worth all the health hazards and early death you may face. The chart to the right shows the number of deaths in the United States per year. As you can see, the number of deaths from smoking is more than all other causes combined.



Rico, the chart above shows your assessment score.

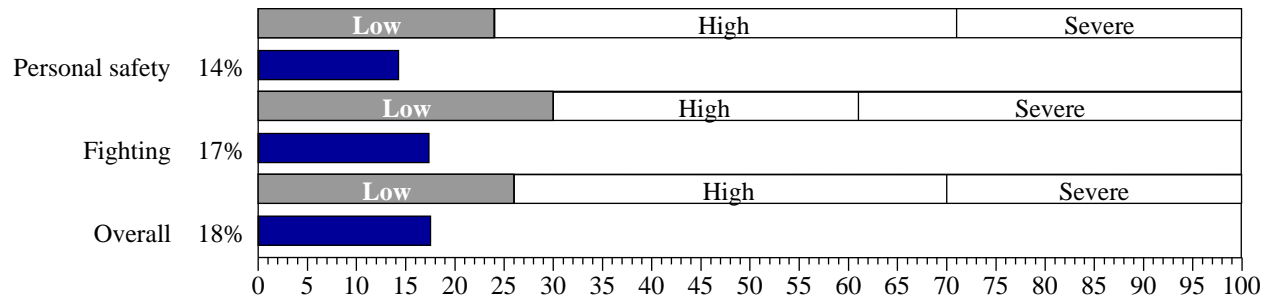
*Continue to avoid tobacco products.

TOBACCO FACTS

- *Your lungs are not at any risk for smoking related illnesses.
- *Your mouth and throat are not at any risk for chewing tobacco related illnesses.
- Nicotine is a deadly poison that is used as an insecticide
- Cigarettes contain formaldehyde, the same chemical used to preserve dead animals
- Smoking decreases physical performance in sports by causing an increased heart rate, difficulty breathing and excessive coughing

YOUTH VIOLENCE

Violence usually results from conflict between an individuals or groups of people. Conflict is a normal part of life and will always be around because people will always have more than one point of view. The important thing to remember is how to resolve conflict. There are ways to resolve conflict so that the individuals or groups are happy with the outcome. The short and seemingly easy way to resolve conflict is through violence. Resorting to violence always has a bad outcome and leads to more problems.



Rico, the chart above shows your assessment score.

VIOLENCE FACTS

- Continue to not carry weapons.
- Keep up the good relationships at school.
- Not physically fighting when resolving conflicts is a mature decision. Continue to not be included in fights.
- Weapons will not make you safer
- They may make you feel more safe, but just by carrying one makes your chances of being hurt or killed much greater
- Being involved in group activities such as sports or church activities will teach you how to interact with others and also how to understand differences in other views and opinions
- Since 1985, the rate of homicide committed by teens aged 14 to 17 has almost doubled, and the number of juveniles committing homicide with a gun is four times greater
- Don't be a statistic!

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: 51.1

Rico, from the results of the Non-Exercise VO2 assessment, your maximum oxygen consumption is calculated to be 51.1 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

	Needs Improvement	Healthy Fitness Zone	Exceeds
51.1			
ml/kg·min	< 42	42 - 52	> 52

Comparing your results with other males between the ages 14 - 19, places you in the 85th percentile and the Healthy Fitness Zone cardiovascular fitness classification.

Rico, in order to reach the Exceeds classification, you would need to increase your max VO2 to 0.53 ml/kg·min or a -99.0% 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

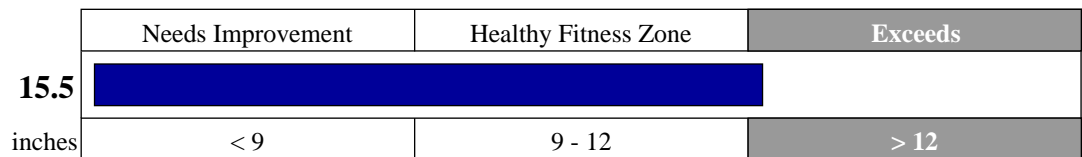
FLEXIBILITY

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: 15.5 in

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

YOUR MODIFIED SIT AND REACH RANKING



Rico, the graph shows your flexibility Exceeds the Healthy Fitness Zone! Good Job! Follow the tips below to maintain your flexibility.

Try the tips below to help maintain 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.

BODY COMPOSITION

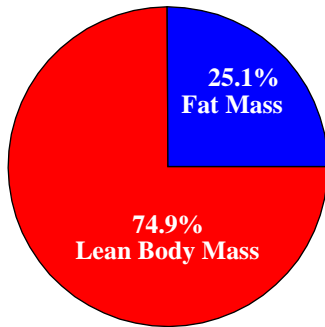
Body Composition refers to the relative proportions of body weight in terms of lean body mass and body fat. Lean body mass represents the weight of muscle, bone, internal organs and connective tissue. Body fat represents the remaining fat tissue. Body fat serves three important functions:

- 1) insulator to conserve heat
- 2) metabolic fuel for the production of energy
- 3) body fat serves as padding to cushion your internal organs

It's essential to maintain some body fat, but an excess level poses a serious health risk. High levels of body fat are associated with high blood pressure, increased levels of blood fats and cholesterol, heart disease, stroke, diabetes and certain cancers. In contrast, very low body fat can cause the development of such medical conditions as heart damage, gastrointestinal problems, shrinkage of internal organs, immune system abnormalities, disorders of the reproductive system, loss of muscle tissue, damage to the nervous system, abnormal growth and even death. Body fat is expressed as a percentage of total body weight.

Protocol: Direct Value

YOUR BODY COMPOSITION



Body Weight: 175 lbs.

Lean Body Mass: 131.1 lbs.

Fat Mass: 43.9 lbs.

Basal Metabolic Rate: 1858

Rico, your body weight of 175 lbs. is made up of 131.1 lbs. of lean mass (bone, muscle and connective tissue), and 43.9 lbs. of fat mass. BMR is the number of calories your lean tissue uses each day.

	Excellent	Good	Moderate	Overweight	Obese
25.1	[Progress bar showing 25.1% in the Overweight range]				
% fat	< 12.1	12.1 - 17.0	17.1 - 22.0	22.1 - 27.0	> 27.0

Rico, reducing your body fat will decrease your risk of developing many serious health problems. Use exercise and good nutrition to effectively and safely reduce your body fat. Reducing your body fat to the good range of 12.1 - 17.0 percent will reduce your weight to 149.1 - 158.1 pounds.