

DATA SUMMARY

Name: Rico Suave
ID: 000123409

Report Date: 04/03/08

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DEMOGRAPHICS

Age (Years): 18
Group:

BIOMETRICS

Height (in): 70
Weight (lbs): 175
Blood Pressure (mm/HG): 145/84
Body Mass Index (BMI): 25.1

HEALTH RISK APPRAISAL

Heart Disease: Mod/High
Lung Cancer: Low
Colon Cancer: Low
Skin Cancer: Potential
Diabetes: Low
Stress: Low
Depression: Low
Nutrition: Average
Prevention: Average
Youth Alcohol: Low
Youth Nutrition: Fair
Youth Body Weight: **Healthy**
Youth Physical Activity: Fair to Good
Youth Safety: Low
Youth Sexual Activity: Low
Youth Suicide: Low
Youth Tobacco: Low
Youth Violence: Low

CARDIOVASCULAR

Non-Exercise VO2 (Max VO2): 51.1

FLEXIBILITY

Sit & Reach (in): 15.5

BODY COMPOSITION

Direct Value: 25.1%
Lean Body Mass : 131 lbs