

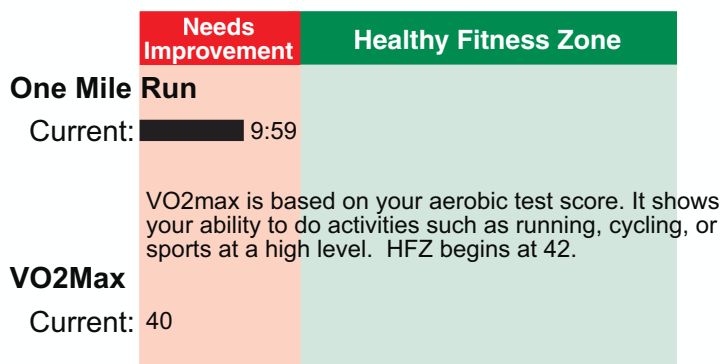
Your scores on 4 of 6 test items were in or above the Healthy Fitness Zone. Scoring in the Healthy Fitness Zone will help you look and feel better. Great job!

richard zboray
Grade: College Age: 29
Unassigned School

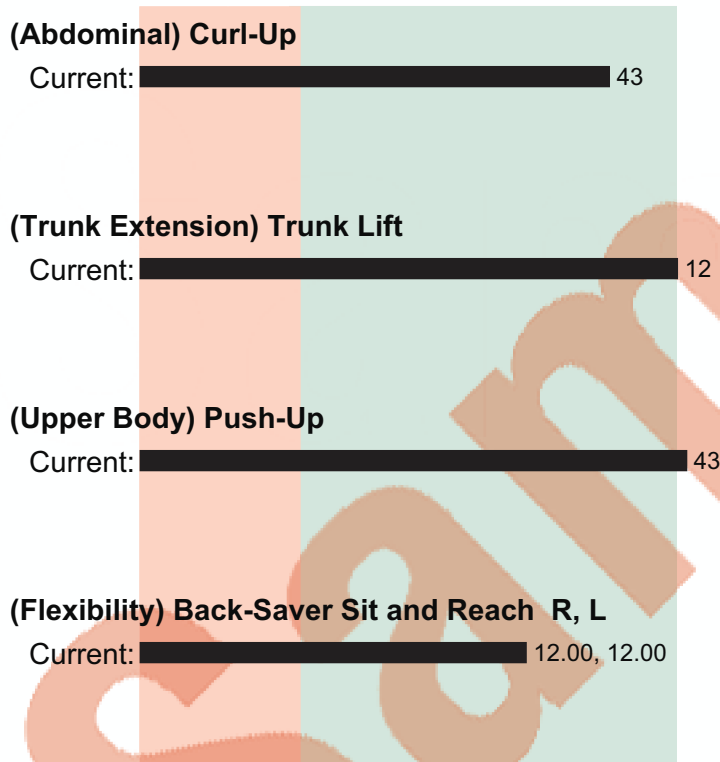
Instructor: professor gibbone

	Date	Height	Weight
Current:	01/09/2009	5' 10"	209 lbs

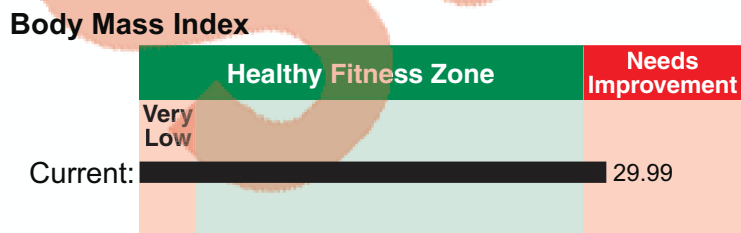
AEROBIC CAPACITY



MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY



BODY COMPOSITION



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

ACTIVITY

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

MESSAGES

To improve your aerobic capacity, you should be active most days of the week. Try to do aerobic sports or other activity a total of 30 to 60 minutes each day.

Your abdominal and trunk strength are both in the Healthy Fitness Zone. To maintain your fitness, do resistance training that includes exercises for each of these areas 3 to 5 days each week.

Your flexibility is in the Healthy Fitness Zone. Maintain your flexibility by stretching slowly 3 or 4 days each week, holding the stretch 20-30 seconds.

Your upper-body strength was very good. Maintain your fitness by doing resistance training for areas of your upper-body 2 to 3 days each week.

richard, it is important to do regular physical activity to improve body composition. Also, eat a healthy diet including more fruits and vegetables and fewer fats and sugars. Improving body composition may help improve some of your other fitness scores.

Healthy Fitness Zone for 29 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

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.