

Personal Profile

For


Fred Smith


1/14/2009

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

	Normal	High Normal	Mild	Moderate	Severe	Very Severe
Systolic		136				
	< 130	130 - 139	140 - 159	160 - 179	180 - 209	> 209

	Normal	High Normal	Mild	Moderate	Severe	Very Severe
Diastolic		76				
	< 85	85 - 89	90 - 99	100 - 109	110 - 119	> 119

Fred, your blood pressure of 136/76 mmHg is in the Acceptable range, however, it is not within the Ideal range. Try the steps listed below to reduce your blood pressure to a lower risk level. Also, remember to have your blood pressure checked on a regular basis.

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.

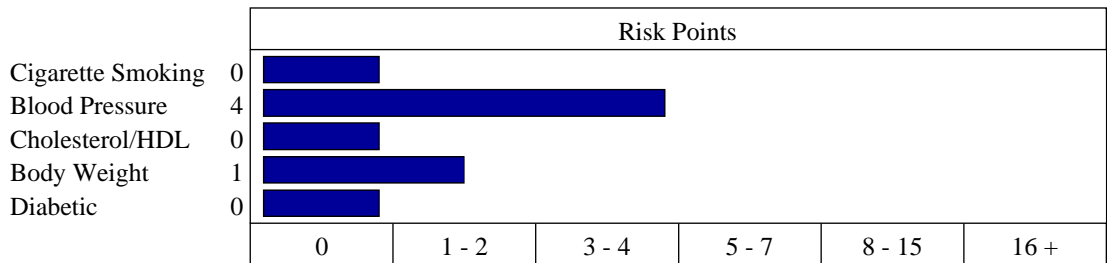
HEART DISEASE

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.

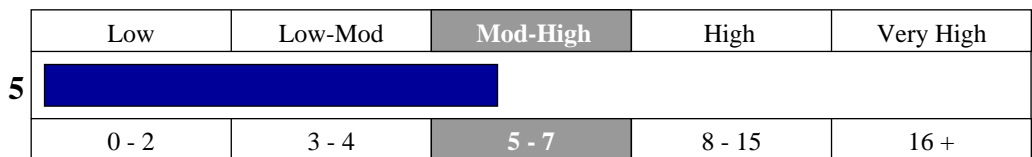
Primary Risk Factors: Cigarette smoking, high blood cholesterol, hypertension (high blood pressure) and physical inactivity.

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



Fred, from the graph you can see that you have a Mod-High risk of developing heart disease for a 46 year old male, follow the recommendations below to reduce your risk.

RECOMMENDATIONS

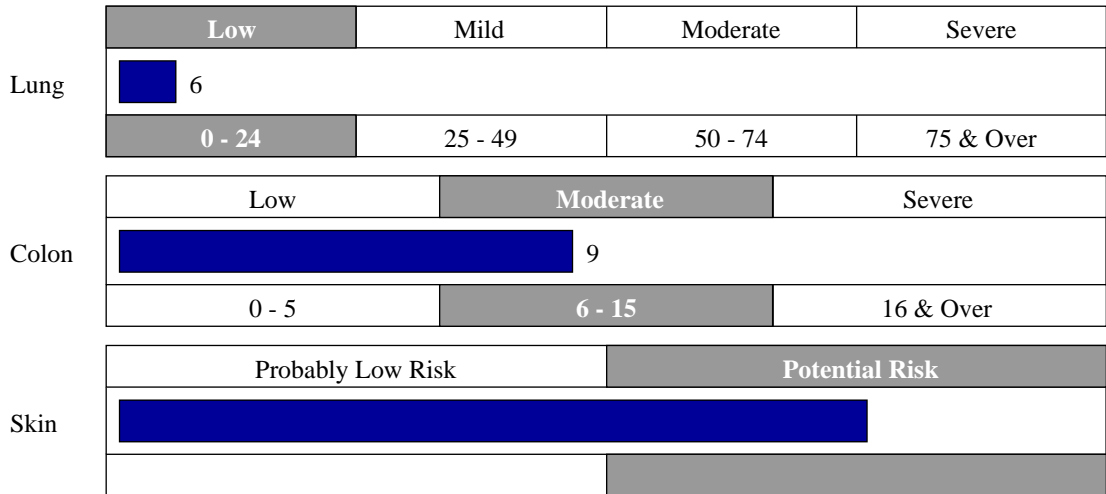
- Continue to avoid smoking. Smoking would add up to 9 risk points to your score.
- Have your blood pressure checked regularly. If your systolic blood pressure is above 155 for men and 161 for women, you have high blood pressure and should follow your doctor's advice.
- To keep your cholesterol from becoming elevated, avoid foods high in saturated fats and cholesterol (whole milk, cheese, eggs, butter, fatty foods and fried foods).
- Use good nutrition and exercise to lose weight. For many people, losing weight is one of the most effective ways to improve blood pressure and cholesterol levels.
- 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

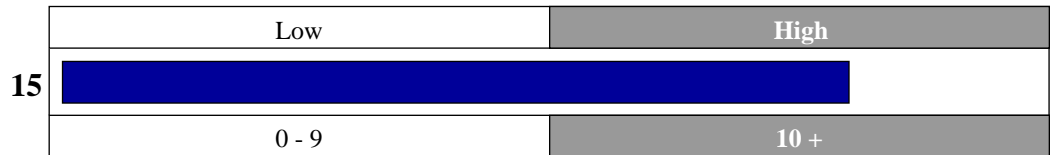
Diabetes can be defined as an insulin deficiency that interferes with your body's metabolism. The uncontrolled diabetic is unable to transport glucose (sugar) into fat and muscle cells, and as a result, there is an increased breakdown of fat and protein. Diabetes affects 10 million people in the United 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	5	[Bar chart showing 5 points in Moderate risk category]		
Exercise	5			
Age	5			
Sibling with Diabetes	0	[Bar chart showing 0 points in Low risk category]		
Parent with Diabetes	0			
		0	1 - 5	6 +

YOUR RISK FOR DIABETES



Fred, you scored 15 risk points and are at risk for having Type II diabetes. Only a doctor can determine if you have diabetes. See a doctor and find out for sure.

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 30				
	< 31	31 - 45	46 - 60	60 +

Fred, your stress assessment is low (score 27) and your depression assessment is low (score 30). 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.

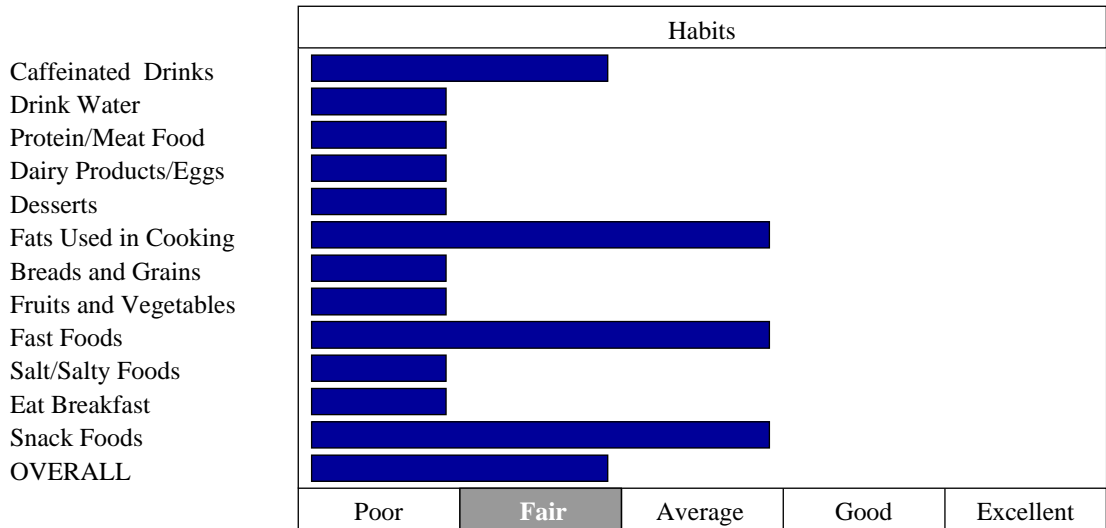
STRESS REDUCTION TIPS

- 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



Fred, from the graph you can see that your overall nutrition ranking is Fair. 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

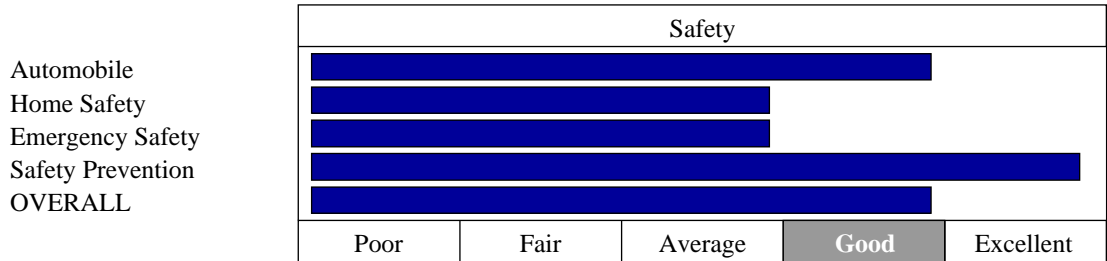
Maintain good nutrition by eating a variety of unrefined foods, rich in fiber, low in fat, cholesterol and salt. Emphasize fresh fruits, whole grain breads and vegetables. Pay close attention to the personal recommendations below marked with a '■'.

- 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.

SAFETY

Accidents are a leading cause of injury and lost work time. While some accidents are beyond your control, many can be prevented through simple precautions.

YOUR SAFETY ASSESSMENT



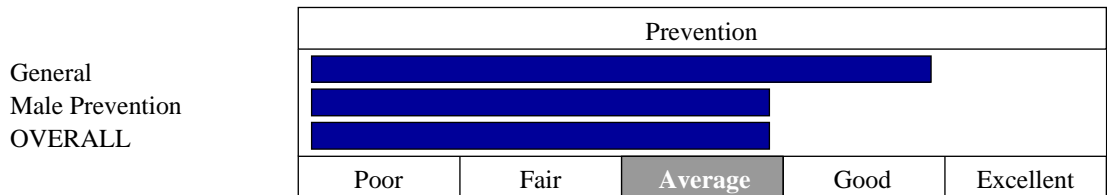
SAFETY TIPS

- Continue to wear your seat belt while in a car.
- Continue driving within the speed limit.
- Never ride in a car when the driver is intoxicated.
- Continue to test your smoke alarms every two months.
- Continue to lift heavy objects with care.

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

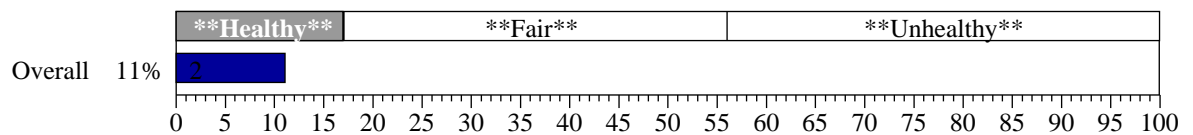


PREVENTIVE CARE TIPS

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

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.



Fred, 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

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: 37.0

Fred, from the results of the Non-Exercise VO2 assessment, your maximum oxygen consumption is calculated to be 37.0 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

	Very Poor	Poor	Fair	Good	Excellent	Superior
37.0	[Bar chart showing 37.0 ml/kg-min in the Fair range]					
ml/kg-min	< 33.04	33.04 - 36.64	36.65 - 39.88	39.89 - 43.88	43.89 - 48.19	> 48.19

Comparing your results with other males between the ages 40 - 49, places you in the 40th percentile and the Fair cardiovascular fitness classification.

Fred, in order to reach the Good classification, you would need to increase your max VO2 to 39.89 ml/kg-min or a 7.8% 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