

Hoffacker Health & Fitness, Inc.

Fitness Profile

Name: XXXXXX
Age: 72

Standard: 70-79 years
Gender: Male

■ Aug 17, 2005
■ Jun 9, 2004

Description	Score	Needs Work	Fair	Fit	Excellent	
Resting Heart Rate (bpm)	62 71	110	100	80	70	50
Systolic Blood Pressure (mmHg)	115 122	180	140	130	120	90
Diastolic Blood Pressure (mmHg)	70 72	110	90	85	80	50
Curl-Ups: Canada (max)	30 33	0	9	19	33	75
Push-Ups (max)	12 2	0	7	10	16	25
Right Bicep Strength (lbs)	32.0 34.0	14.0	31.0	36.0	50.0	77.0
Left Bicep Strength (lbs)	30.0 34.0	14.0	31.0	36.0	50.0	77.0
Right Hand Grip Test	72.0 70.0	40.0	65.6	91.3	116.9	140.0
Left Hand Grip Test	76.0 80.0	40.0	65.6	91.3	116.9	140.0
Back Flexibility (cm)	19 16	5	24	30	37	51

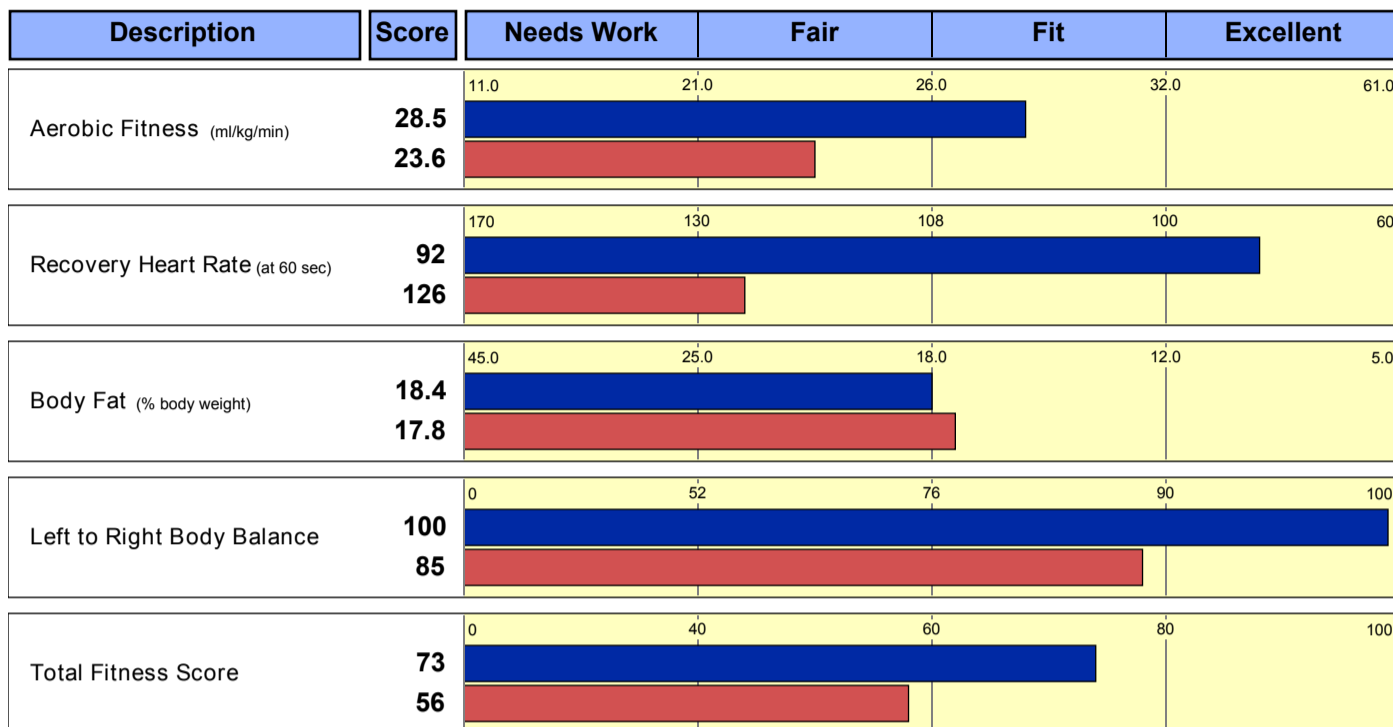
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Description	Jun 9, 2004	Aug 17, 2005	Difference	Percent
Height (in)	69.00	69.00	0.00	0.0%
Weight (lbs)	160.5	159.0	- 1.5	- 0.9%
Chest Skinfold (mm)	11.2	9.9	- 1.3	- 11.6%
Midaxillary Skinfold (mm)	11.3	12.4	+ 1.1	+ 9.7%
Triceps Skinfold (mm)	9.1	8.7	- 0.4	- 4.4%
Subscapula Skinfold (mm)	8.9	9.2	+ 0.3	+ 3.4%
Abdomen Skinfold (mm)	23.6	27.8	+ 4.2	+ 17.8%
Suprailium Skinfold (mm)	11.3	9.2	- 2.1	- 18.6%
Thigh Skinfold (mm)	10.6	11.8	+ 1.2	+ 11.3%
Neck Circumfrance (in)	13.75	14.75	+ 1.00	+ 7.3%
Right Bicep Circumference (in)	11.00	11.00	0.00	0.0%
Left Bicep Circumference (in)	10.50	11.00	+ 0.50	+ 4.8%
Right Calf Circumference (in)	13.00	14.00	+ 1.00	+ 7.7%
Left Calf Circumference (in)	13.00	14.00	+ 1.00	+ 7.7%
Right Thigh Circumference (in)	18.00	19.00	+ 1.00	+ 5.6%
Left Thigh Circumference (in)	18.00	19.00	+ 1.00	+ 5.6%

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Description	Jun 9, 2004	Aug 17, 2005	Difference	Percent
Chest Circumference (in)	36.00	39.00	+ 3.00	+ 8.3%
Shoulders Circumference (in)	24.00	42.00	+ 18.00	+ 75.0%
Hips Circumference (in)	37.25	38.00	+ 0.75	+ 2.0%
Waist Circumference (in)	37.50	38.50	+ 1.00	+ 2.7%
Left Forearm Circumference (in)	9.25	10.00	+ 0.75	+ 8.1%
Right Forearm Circumference (in)	9.00	10.00	+ 1.00	+ 11.1%

Resting Heart Rate

Resting heart rate is an indicator of health. A high resting heart rate may be a symptom of a health problem while a low resting heart rate confirms a normal or fit condition. Dick, your resting heart rate of 62 bpm is in the 'Excellent' category. You should be able to maintain this low resting heart rate by keeping your weight down and exercising on a regular basis.

Blood Pressure

Blood pressure is normally reported as systolic pressure over diastolic pressure. The systolic pressure is the higher pressure which occurs when the heart contracts and pushes blood into the arteries. Diastolic pressure is the lower pressure which occurs between contractions when the heart is at rest. A constant high systolic or diastolic blood pressure increases the risk of heart attack or stroke. Blood pressure below 140/90 is in the normal range. A blood pressure of 160/100 or higher is too high and indicates an immediate visit to a doctor. Blood pressures between normal and high are not cause for alarm but should be lowered. To lower blood pressure maintain ideal body weight, reduce salt intake and perform regular aerobic exercise.

Curl-Ups: Canada

The partial curl-ups test measures the strength of your upper stomach muscles and how long they can move before getting tired. Keeping your entire stomach muscles strong throughout life will help prevent back pain, a common health problem with adults. Dick, your partial curl-ups score of 30 is in the 'Fit' category. You have a good base to work from for your stomach exercises. It will be important to strengthen your lower abs and obliques. There are many stomach exercises and it will be important for us to find one that best fits your needs for strengthening

Push-Ups

The maximum push-ups test is commonly used to evaluate upper body muscular endurance. Dick, you did 12 push-ups, that is in the 'Fit' category. We are very careful in watching your body during each push-up. Your body is only as strong as it's weakest link, so when any part of your body began to fatigue during the test we had you stop doing push-ups. This area of fatigue will be one of your focuses when conditioning. In general from your test we can tell that your back and lower body are supporting your upper body very well. Depending on which part of your body began to fatigue first will

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determine how you can advance your condition. Your training will be focused on your weaker areas first.

Back Flexibility

Maintaining good flexibility is important for good posture, efficient body movement, and reduced risk of muscle and joint injury. Dick, your back flexibility score of 19 cm is in the 'Needs Work' category. Your flexibility will be very limiting to your strength and health gains. It will be important to focus on improving your flexibility through lengthening exercises and consistent stretching during every conditioning session. When this test is taken you were probably asked where you felt the stretch. This question can help us to better determine where you are lacking the most flexibility and better direct your program. Your flexibility is important to your balance, and over all fitness level. No matter your what your level of flexibility is, your program will include some stretching or lengthening in nearly every conditioning session.

Aerobic Fitness

Aerobic fitness defines your capacity to sustain long periods of muscular activity like walking, running or cycling. Achieving the Fit category is beneficial because at this level you can do your daily activities with little effort and have energy left over for sport games or emergency situations. Dick, your aerobic fitness score of 28.5 ml/kg/min is in the 'Fit' category. To maintain or improve your aerobic fitness, perform activities like brisk walking, incline walking, elliptical training or cycling 3-5 days/week for 20-60 min/day. For your current condition your heart rate zone is 104-126bpm. Consult with your Hoffacker Associate for more information about aerobic exercises and measuring your heart rate.

Recovery Heart Rate

Heart Rate Recovery is a key component to your fitness level. It is important to have a quick recovery for your heart after aerobic exercise. The quicker that your heart can recover to a resting rate the faster that you can improve your physical condition. This test is a direct measurement of your heart rate in Beats Per Minute (B.P.M.). Dick, your heart rate after one minute of rest was 92 B.P.M. Your heart rate recovery is good. It will be important to continue to work your cardiovascular levels in order to keep up your recovery. We will use your good recovery to create a faster and stronger muscular condition.

Body Fat

Dick, your body fat content is 18.4 percent of your body weight. This percent body fat score is in the 'Fair' category. Losing 1 lbs of fat would place you in the Fit category and is recommended for optimum health. To reduce body fat, perform regular aerobic exercise and select foods where the calories from fat are less than 30 percent of the total calories.



Left to Right Body Balance

How your body is balanced from left to right is very important to your overall fitness level. The Body Balance score is derived from four of the body circumference measurements (Arms, Forearms, Legs

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and Calves). A difference can cause many problems in your body. If you want your body to work for you it is critical that it is balanced. Dick, your score was in the 'Excellent'. Your body has a good foundation when comparing left to right. In your program it will be important to build strength on the foundation where your balance is good and to refine and balance the parts that are not equal left to right. It is also important to look at the left and right strength comparisons of the Hand Strength Test and the Bicep Strength Test. A difference of 5 - 10 percent in the hand strength test is considered normal, but still needs to be worked on. Anything more than 10 percent is an important issue and will be a focus of training. In the Bicep Strength Test, a difference of 5 - 7 pounds is very common, but once again, will still need to be addressed with conditioning. A difference of more than 7 lbs. is going to impact daily life and sports and will be a focus of conditioning.

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Description	Score	Water	Prot/Min	Fat
Component Body Weight (lbs)	159.0	95.7	34.0	29.3

		Needs Work	Fair	Ideal
Body Fat (% Body Weight)	18.4	45.0	25.0	18.0
Weight at Body Fat (lbs)	159.0	235.8	172.9	158.2
				5.0
				136.5

Description	Jun 9, 2004	Aug 17, 2005	Difference	Percent
Total Weight (lbs)	160.5	159.0	- 1.5	- 0.9%
Body Fat (% body weight)	17.8	18.4	+ 0.6	+ 3.4%
Body Fat Weight (lbs)	28.6	29.3	+ 0.7	+ 2.4%
Lean Weight (lbs)	131.9	129.7	- 2.2	- 1.7%
Water Weight (lbs)	97.3	95.7	- 1.6	- 1.6%
Protein/Mineral Weight (lbs)	34.6	34.0	- 0.6	- 1.7%
Chest Skinfold (mm)	11.2	9.9	- 1.3	- 11.6%
Midaxillary Skinfold (mm)	11.3	12.4	+ 1.1	+ 9.7%
Triceps Skinfold (mm)	9.1	8.7	- 0.4	- 4.4%
Subscapula Skinfold (mm)	8.9	9.2	+ 0.3	+ 3.4%
Abdomen Skinfold (mm)	23.6	27.8	+ 4.2	+ 17.8%
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Thigh Skinfold (mm)	10.6	11.8	+ 1.2	+ 11.3%

Comment

Body composition describes your weight in terms of water weight, protein/mineral weight and fat weight. The MicroFit assessment measured your body fat at 18.4 percent of your weight or 29.3 lbs. About 75 percent of your lean weight is made up of water or 95.7 lbs. The other 34 lbs of your lean weight is proteins and minerals, the building blocks of muscles, bones and other body tissues.

Fat is an important component of body composition because too much body fat can lead to health problems. Dick, as you can see in the graph above your body fat score is in the 'Fair' category, which may be OK for you. We suggest you show this report to a health professional and discuss your weight history and other health issues. Please note that a weight loss program can also reduce lean weight so it may be necessary to lose more than 1 lbs to achieve the 'Ideal' body fat category.