

Your scores on 3 of 5 tests are in or above the Healthy Fitness Zone. Scoring in the Healthy Fitness Zone helps you look and feel better. Keep up the good work!

Instructor: **Jamie Stutzenberger**

	Date	Height	Weight
Current:	09/25/2007	4' 11"	90 lbs
Past:	03/30/2007	4' 8"	78 lbs

### MESSAGES

To improve your aerobic capacity, you should be active most days of the week. Try to play active games, sports, or other activities you enjoy a total of 60 minutes each day.

To improve your upper-body strength, do modified push-ups, push-ups, and climbing activities. Do these exercises 2 to 3 days each week.

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

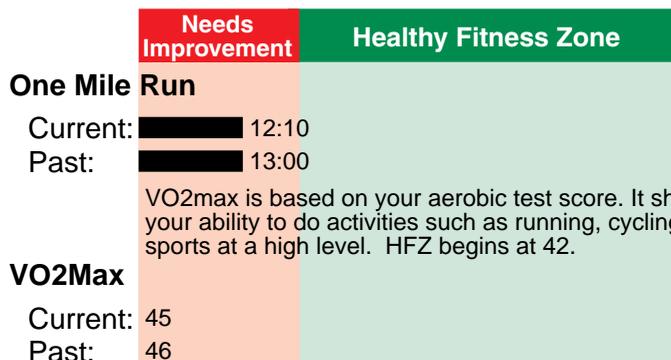
Your abdominal strength is very good. Maintain your strength by doing curl-ups 3 to 5 days a week. Remember to keep your knees bent. Avoid having someone hold your feet.

HCPS, your body composition is in the Healthy Fitness Zone. To maintain this level, it is important to do physical activity most days. You should also eat a healthy diet.

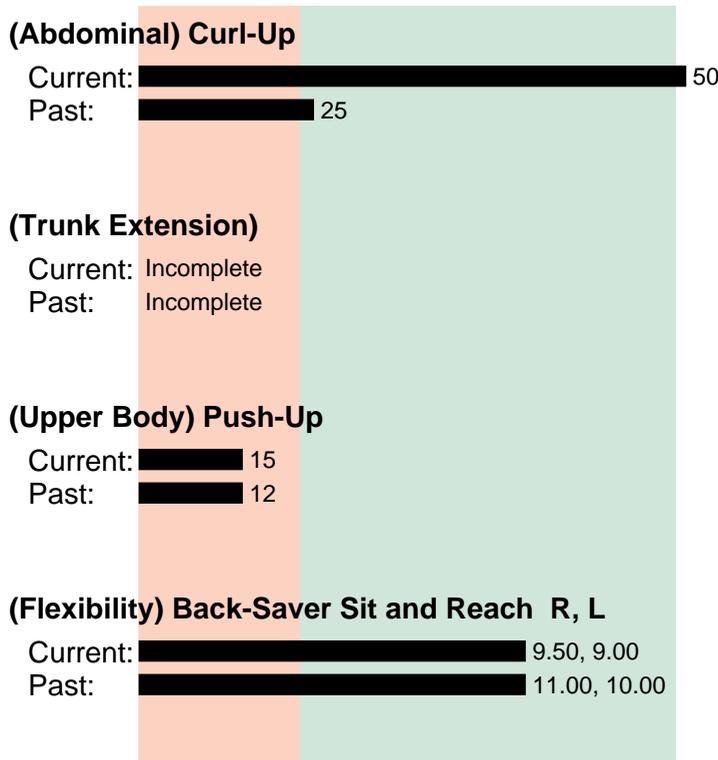
#### Healthy Fitness Zone for 15 year-old boys

- One Mile Run = 7:00 - 9:00 minutes
- Curl-Up = 24 - 47 repetitions
- Trunk Lift = 9 - 12 inches
- Push-Up = 16 - 35 repetitions
- Back-Saver Sit and Reach =  
At least 8 inches on R & L
- Body Mass Index = 16.20 - 25.00

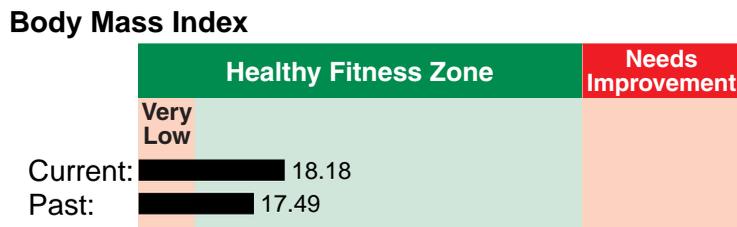
#### AEROBIC CAPACITY



#### 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?

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.