

Personal Training Physiological Assessment Report

Name: Mr Pooh Bear **Trainer:** Christopher Robin

Date: 8/6/2003

Long Term Goals: Climb the tallest tree in the forest.

The following report contains your fitness profile, and along with your goals, provides the basis for your program development. In some tests there are gradings based on how you compare with other people of your age and gender.

These rankings are:

Excellent

Great

Satisfactory

Needs Improvement

Requires Attention

These results will be used to evaluate your progress over time and enable your trainer to fine tune your program to ensure it meets your specific needs.

I look forward to discussing these results with you further and answer any questions you may have.

Christopher

Disclaimer: No Person should rely on the contents of any part of the information on any of the pages of this report. The Personal Training Dept Pty Ltd takes no responsibility for the result of any action taken on the basis of the information herein. The Personal Training Dept Pty Ltd expressly disclaim all and any liability and responsibility to any person in respect to anything within this report.



1. RESTING PULSE.

Ideally should be taken on initial waking in the morning, while still lying down. Your heart rate at rest is the minimum amount of work required by the heart to sustain life.

Resting Pulse: 89

Heart rate can be used to determine intensity during an exercise session. The following heart rate zones are your personal heart rates that will be used to gauge intensity at different times in your cardiovascular program.

60% HRM	70%HRM	85% HRM
142bpm	151bpm	164bpm

2. BLOOD PRESSURE.

Blood pressure measures the force of the contraction of the heart to push blood around the body. It records the resistance of the arteries to the flow of blood. The first recording represents the contraction phase of the heart and is called systolic blood pressure. This is the measure of pressure on the artery walls as the heart contracts and forces blood into the circulatory system. The second recording represents the relaxation phase of the heart and is called diastolic blood pressure. This is the measure of pressure on the artery wall as the heart relaxes (between heart beats).

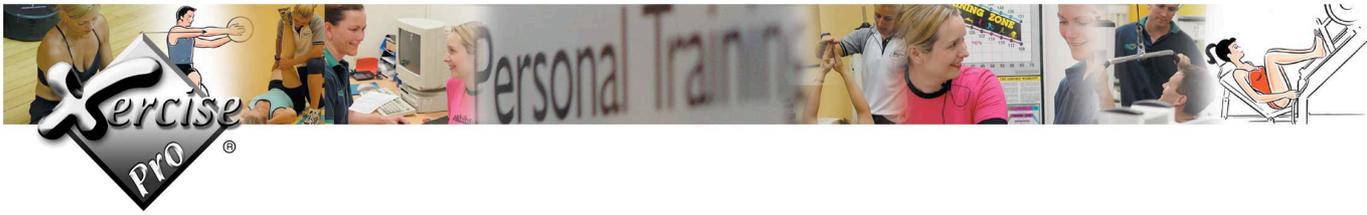
Blood Pressure: 125/85

Systolic Rating: Great

Diastolic Rating: Great

The National Heart Foundation states the normal BP range as less than

140 / less than 90 mmHg



3. WEIGHT

Body weight refers to the mass of all the components of the body. This includes skeletal mass, muscle mass, fat mass and all other connective tissues and fluids. Body weight is therefore not a tool for measuring overfatness as it does not look

at fat specifically or fat distribution. Body weight should be observed with Body fat percentages and girths to obtain the true picture.

Weight: 84

Ideal body weight can be used as a goal weight for you to achieve. Ideal body weight takes into account your present body weight and body fat %, and your target body fat%. By knowing these figures your ideal body weight for your ideal body fat % can be calculated. It should be made clear that this measure, once again, doesn't take into account changes in the other masses, like muscle mass, that occur with training, and thus should only be used as a guide.

Ideal Body Weight: 83

4. BMI

BMI is used to assess weight relative to height and is calculated by dividing body weight in kilograms by height in metres squared. BMI does not however differentiate fat weight from fat free weight, but is a good indicator of total body composition when used in conjunction with measures such as girth, hip to waist ratio and skinfolds. Taken on its own it can unfairly penalize those with a shorter more stocky build.

BMI: 29.8

Rating: Satisfactory



5. GIRTH MEASUREMENTS.

Girth measurements are a useful guide in evaluating body changes that occur as a result of exercise, and will demonstrate changes occurring throughout the body. The use of weight scales as a purpose of measuring changes is discouraged. An individual can lose fat but gain lean muscle mass when training, and because muscle is heavier than fat this may show as a weight gain.

Arm (Relaxed):	25.5	26
Arm (Flexed):	27	28
Chest:	107	
Waist:	87	
Hip: (Gluteal)	123	
Thigh: (Upper)	65.5	66
Thigh: (Mid)	60	60
Calf: (Max)	35	35

6. WAIST TO HIP RATIO

Simply put is the circumference of the waist divided by the circumference of the hips. The distribution of body fat is recognised as an important predictor of the health risks of obesity. Those with more fat around the trunk (abdominal fat) have a higher health risk than those who are equally fat, but have more of it distributed in their extremities. As a general rule of thumb health risk increases with waist to hip ratio, and standards for risk vary with age and gender.

W/H Ratio: .71

Rating: Needs Improvement



7. SKIN FOLD THICKNESS

Skin fold tests are a more direct measurement of body fat. As approximately 50% of fat is stored subcutaneously (just under the skin), by measuring the thickness of the skin folds at standardised sites we can estimate your percentage body fat.

Tricep Sf:	18
Bicep Sf:	12
Subscapular Sf:	18
Suprailiac Sf:	22
Axillary Sf:	14
Abdominal Sf:	30
Thigh Sf:	14
Calf Sf:	8
Sum of Skin folds:	136

Bodyfat %: 29.26 **Ideal Bodyfat %:** 28

Rating: Requires Attention

8. FLEXIBILITY

Flexibility is the ability to move a body part through a full range of movement without limitation due to tightness. The degree of flexibility of various joints may differ greatly, and is considered specific to the joint involved. Through simple tests we are able to ascertain your degree of static flexibility (range of movement) at the shoulder, lower back and legs. Remember maintaining good joint mobility and limber muscles will improve your chances of avoiding a lot of the aches and pains that grow more common with age, and also reduces the likelihood of injury to muscles and joints. The good news is that with stretch training as part of your program, flexibility can be improved.

Arm Over: L: 4 R: 3 Rating: L: Satisfactory R: Satisfactory

Hamstring: 1 Rating: Satisfactory



9. POSTURE

Posture refers to how we hold our bodies. Ideal posture occurs when all body parts are balanced and are in alignment with each other. Muscles will work minimally if alignment is good. The following measures are used to analyse the status of your posture which can effect the types of exercise you are given in your program.

Head Posture: 2

Rating: Great

Scapula Seating: L: 7 R: 7.5

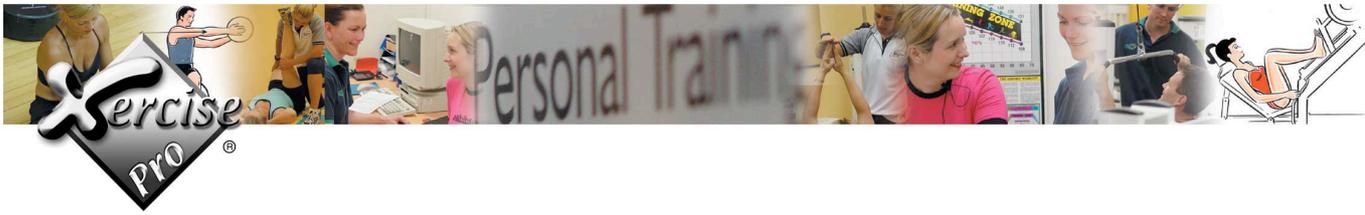
Rating: L: Satisfactory R: Satisfactory

10. ESTIMATED VO2 MAX(CARDIORESPIRATORY FITNESS)

In this test your heart rate response to exercise is measured to enable us to estimate your aerobic capacity (fitness level). Aerobic capacity is the ability of the body to deliver oxygen to the working muscles. Generally persons with high aerobic capacities will attain relatively high work loads before reaching a given submaximal heart rate, while those less fit will reach that heart rate at a lower load.

Cardiovascular Fitness: 42

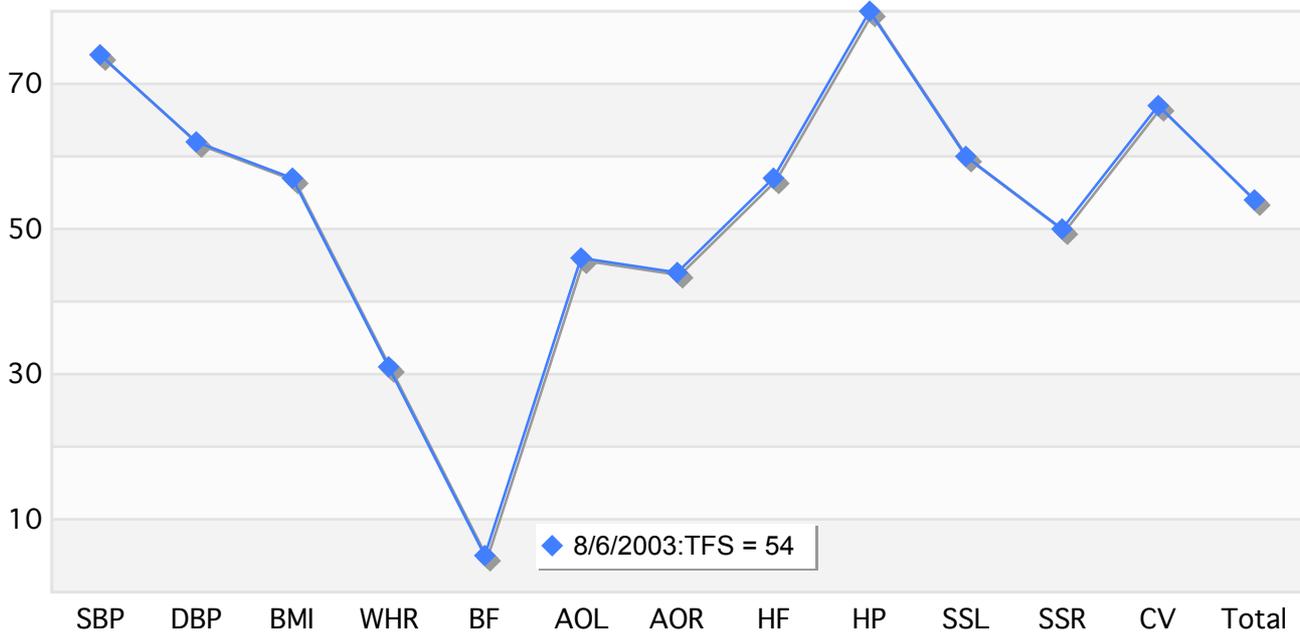
Rating: Great



11. RATING SUMMARY

Below is a graphical profile of your current fitness. If any of the parameters result in a score of "Requires Attention" further specialist attention may be required and such areas of fitness should be given a priority as they can have serious consequences to your health.

Fitness Profile



Key: SBP: Systolic Blood Pressure, DBP: Diastolic Blood Pressure, BMI: Body Mass Index, WHR: Waist to Hip Ratio, BF: Body Fat, AOL: Arm Flexibility Left, AOR: Arm Flexibility Right, HF: Hamstring Flexibility, HP: Head Posture, SSL: Scapula Seating Left, SSR: Scapula Seating Right, CV: Cardiovascular Fitness.