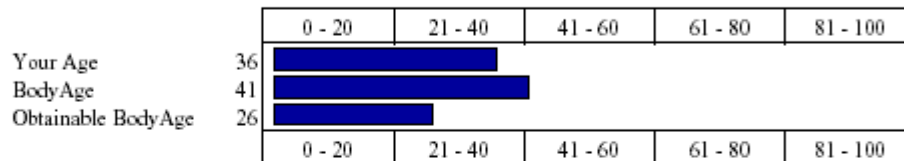


BodyAge

Jane, your BodyAge is 41 compared to your chronological age of 36. BodyAge is calculated from the results of your assessments and how you compare with others of your same age and sex. Ideally, your BodyAge should be at least the same as your Chronological Age. Your obtainable BodyAge is what you can realistically reach with a well-rounded wellness program. Consult with your fitness trainer to set realistic goals in fitness and lifestyle changes to reach your obtainable BodyAge.



RECOMMENDATIONS

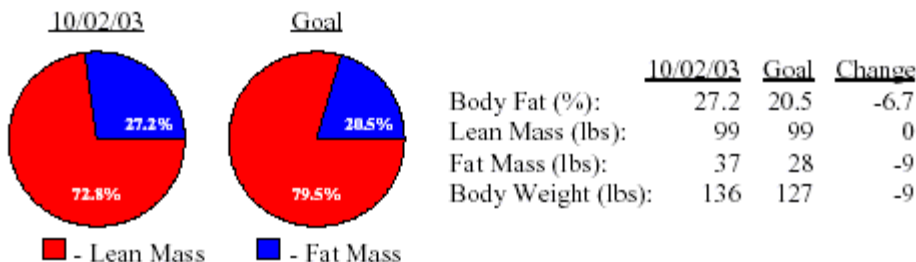
Jane, the following are factors that will improve your BodyAge. By improving these factors and following a well-rounded wellness program, it is possible for you to reach a BodyAge of 26

- Improving your Flexibility ranking from Poor to Average will improve your BodyAge by 2 years.
- Improving your Cardiovascular VO2 score from 32 to 34.6 will improve your BodyAge by 4 years.
- Improving your Nutrition Health Risk Appraisal score from Fair to Good will improve your BodyAge by 2 years.
- Improving your Body Composition from 27.2% to 19.09% will improve your BodyAge by 5 years.
- Improving your Strength ranking from Average to Excellent will improve your BodyAge by 2 years.

YOUR PERSONAL PROGRAM

Jane, your Personal Program is based on your results from the fitness evaluation. The focus of the program is to reduce your body fat through sound nutrition, strength and cardiovascular programs.

BODY COMPOSITION GOALS



Jane, by following the nutrition and exercise plan, you will reach your goal body fat of 20.5% and goal body weight of 127 lbs in 6 weeks.

NUTRITION GOALS

Jane, at complete rest your lean body mass will burn 1404 calories each day. This is known as your basal metabolic rate (BMR). In addition to your BMR, you will burn approximately 702 calories by processing food and through normal daily activities. Using this information and your personal goals, the following is recommended:

Daily Caloric Intake : 1404 Calories

Number of Daily Meals : 3

Number of Daily Snacks : 2

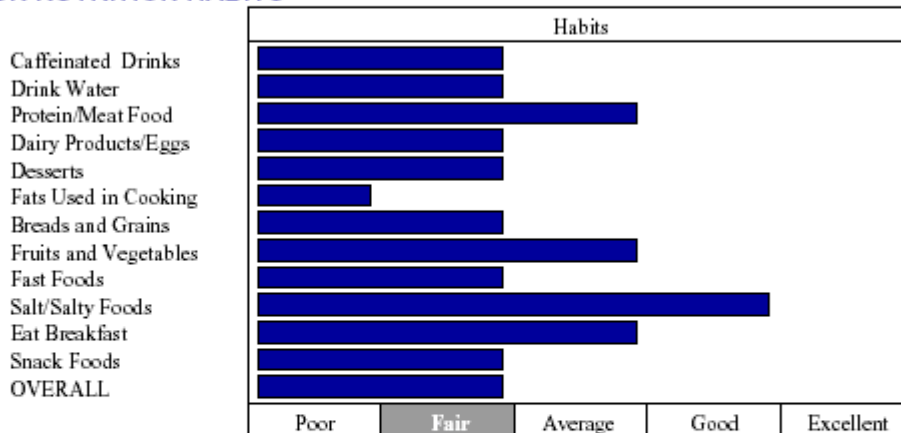
EXERCISE CALENDAR

	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL FOR WEEK
Cardiovascular:	30 min		30 min		30 min		35 min	125 min
Abdomen:	✓					✓		2
Chest:			✓			✓		2
Back:	✓					✓		2
Shoulders:			✓			✓		2
Biceps:	✓					✓		2
Triceps:			✓			✓		2
Quad/Hamstring:	✓					✓		2
Calf:			✓			✓		2

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



Jane, 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

- 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.

