

FITNESSGRAM[®]

Cali Spann

Grade: 6 Age: 11

Manchester College

Instructor: Drs. Groombridge / Stan

	Test Date	Height	Weight
Current	09/13/07	4'10"	74
Past	04/06/06	4'06"	60



AEROBIC CAPACITY



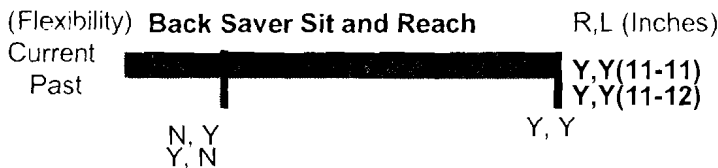
VO₂max Indicates ability to use oxygen. Expressed as ml of oxygen per kg body weight per minute.
Healthy Fitness Zone begins at 39.



FORCE & FLEXIBILITY



If given, the flexibility test is performed on the right and left and is evaluated as 'Yes' or 'No' on both sides.



BODY COMPOSITION



Lower numbers are better scores on body composition measurement.

ACTIVITY

On how many of the past 7 days did you participate in any physical activity for a total of 30-60 minutes, or more, over the course of a day?

On how many of the past 7 days did you do exercises to strengthen or tone your muscles?

MESSAGES

Cali, although your fitness profile is not complete, all of the test items that you took were in or above the Healthy Fitness Zone. Keep up the good work!

Your aerobic capacity score was very good. To maintain your fitness, 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.

Your abdominal strength was very good, Cali. 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.

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.

Cali, 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.

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.