

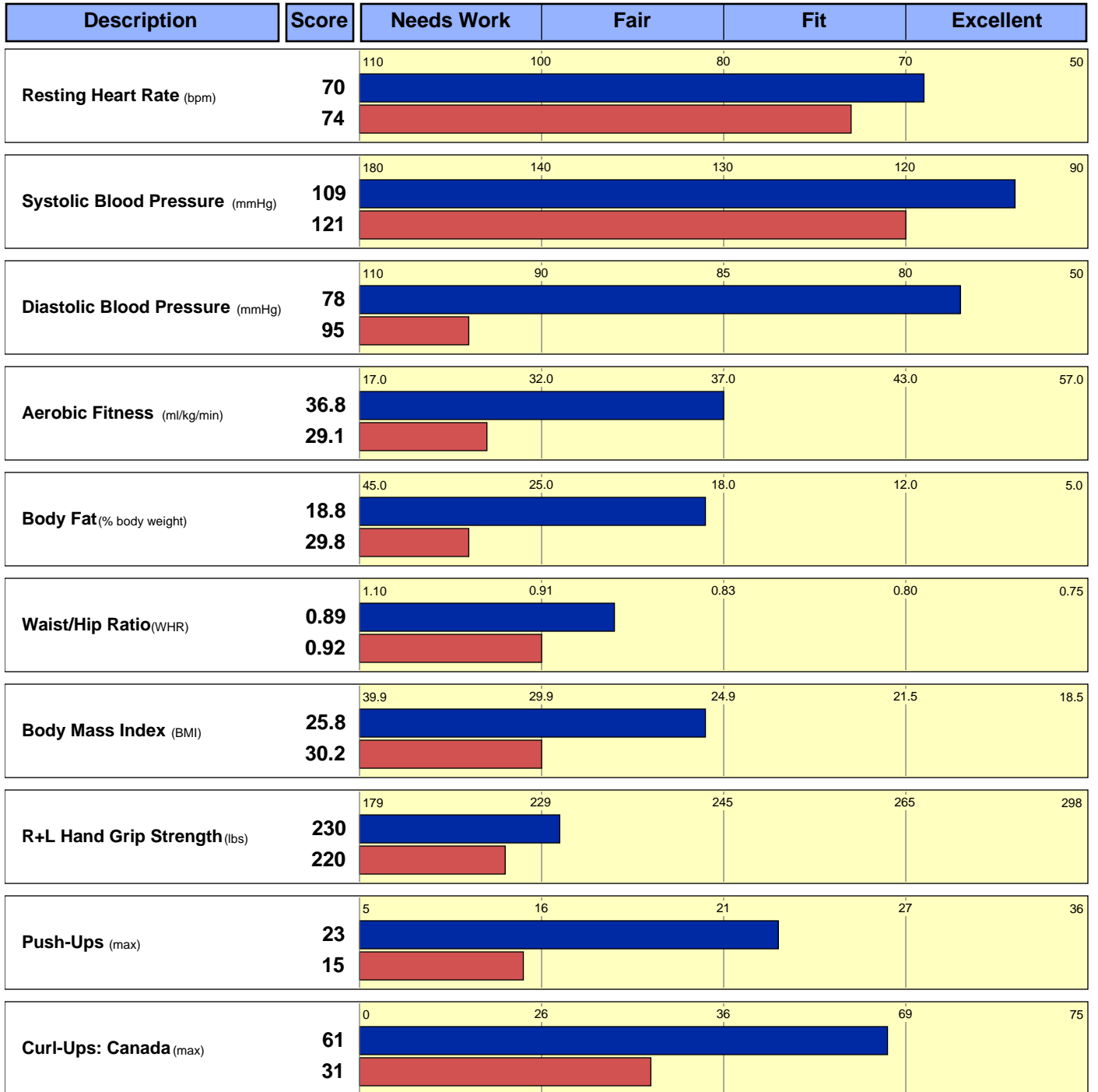
Strength Fitness Systems, Inc.

Fitness Profile

Name: Jeremy Kemp
Age: 35

Standard: 30-39 years
Gender: Male

■ Mar 23, 2007
■ Dec 29, 2006



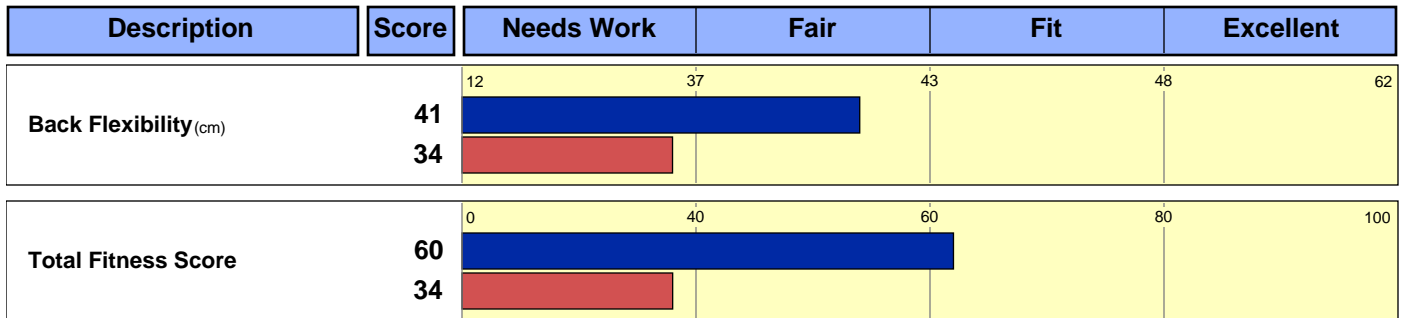
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Description	Dec 29, 2006	Mar 23, 2007	Difference	Percent
Height (in)	73.00	73.00	0.00	0.0%
Weight (lbs)	229.3	195.7	- 33.6	- 14.7%
Chest Skinfold (mm)	25.5	13.0	- 12.5	- 49.0%
Abdomen Skinfold (mm)	55.5	30.0	- 25.5	- 45.9%
Thigh Skinfold (mm)	23.0	18.0	- 5.0	- 21.7%
Shoulder Circumference (in)	51.00	48.25	- 2.75	- 5.4%
Chest Circumference (in)	45.00	42.50	- 2.50	- 5.6%
Waist Circumference (in)	39.75	35.00	- 4.75	- 11.9%
Abdomen Circumference (in)	42.25	37.00	- 5.25	- 12.4%
Hip Circumference (in)	43.25	39.25	- 4.00	- 9.2%
Right Bicep Circumference (in)	14.00	13.00	- 1.00	- 7.1%
Right Forearm Circumference (in)	12.25	11.50	- 0.75	- 6.1%
Right Thigh Circumference (in)	23.25	21.50	- 1.75	- 7.5%
Right Calf Circumference (in)	16.25	15.25	- 1.00	- 6.2%
Left Bicep Circumference (in)	14.00	13.00	- 1.00	- 7.1%
Left Forearm Circumference (in)	12.00	11.50	- 0.50	- 4.2%
Left Thigh Circumference (in)	23.25	21.50	- 1.75	- 7.5%
Left Calf Circumference (in)	16.25	15.25	- 1.00	- 6.2%

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. Jeremy, your resting heart rate of 70 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 two numbers, systolic pressure/diastolic pressure. The systolic

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pressure is the higher pressure that occurs when the heart contracts and pushes blood into the arteries. Diastolic pressure is the lower pressure that 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. Jeremy, your blood pressure today is 109/78, which is in the Excellent range. Have your blood pressure checked again every 1-2 years. To maintain good blood pressure keep your body weight down, reduce salt intake and perform regular aerobic exercise.

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. Jeremy, your aerobic fitness score of 36.8 ml/kg/min is in the 'Fair' category. To improve your aerobic fitness, perform activities like brisk walking, jogging, cycling or swimming 3-5 days/week for 15-45 min/day. Push yourself to the point where you are breathing deeply but your heart rate is still below 148 bpm. Consult an exercise specialist for more information about aerobic exercises and measuring your heart rate.

Body Fat

Jeremy, your body fat content is 18.8 percent of your body weight. This percent body fat score is in the 'Fair' category. Losing 2 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.

Waist/Hip Ratio

Medical research has shown that it's not simply the amount of body fat that creates health problems but where the fat is located. An individual who is overfat has a higher risk of disease when a large portion of that fat is located in the abdomen region. The Waist to Hip Ratio test is used to determine this regional fat distribution. Jeremy, your waist to hip score of 0.89 WHR is in the 'Fair' category. This means the amount of fat around your waist is a little greater than it should be. You can help reduce body fat by exercising regularly and eating more low fat foods.

Body Mass Index

Body mass index is a number that classifies your weight as low, normal or high for your height. A high BMI score usually indicates too much body fat but in some cases can be the result of above average bone and muscle mass. A healthy goal is to maintain a body weight that keeps your BMI score in the Fit or Excellent categories. Note: an excellent BMI score does not provide additional health benefits over a Fit BMI score. Jeremy, your BMI score of 25.8 BMI is in the 'Fair' category. You should do the MicroFit Body Fat and Waist to Hip Ratio tests to get more information about your body composition. If these tests confirm an overfat condition you should consider modifying your eating and exercise behaviors to reduce body fat.

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R+L Hand Grip Strength

Hand grip strength strength is one measure of upper body strength. It is important to maintain good strength so you can perform normal daily activities without residual soreness or risk of injury. Jeremy, your combined right and left hand grip strength of 230 lbs is in the 'Fair' category. To improve muscular strength perform strength training exercises 3 days/week. Select weights that causes fatigue after 5-12 lifts and repeat this lifting set 3 times. Consult an exercise specialist for more information on strength exercises and equipment.

Push-Ups

The push-ups test measures the strength and endurance of your upper body muscles. Maintaining good muscle strength allows you to be active without getting tired or injuring yourself. Jeremy, your push-ups score of 23 is in the 'Fit' category. To keep your muscles strong exercise 2-3 days/week. A complete training program for the upper body should include lifting, pulling and pushing exercises. Consult an exercise specialist for more information about strength training exercises and equipment.

Curl-Ups: Canada

The partial curl-ups test measures the strength of your stomach muscles and how long they can move before getting tired. Keeping your stomach muscles strong throughout life will help prevent back pain, a common health problem with adults. Jeremy, your partial curl-ups score of 61 is in the 'Fit' category. To keep your stomach muscles strong do curl-up exercises 2-3 days/week. Fitness experts recommend a partial curl-up or 'crunch' as opposed to a full sit-up. To perform a partial curl-up lift your shoulders only 30 degrees off the floor. Do 10-20 partial curl-ups and repeat this set 3 times each exercise day.

Back Flexibility

Maintaining good flexibility is important for good posture, efficient body movement, and reduced risk of muscle and joint injury. Jeremy, your back flexibility score of 41 cm is in the 'Fair' category. Perform stretching exercises 3-5 days/week to improve your flexibility. Select exercises that stretch the muscles and ligaments in the shoulders, back, hip and legs. Stretch the target area to a point of slight discomfort and hold for 15-30 seconds. Repeat each stretch 3-5 times. Consult an exercise specialist for more information about stretching exercises.