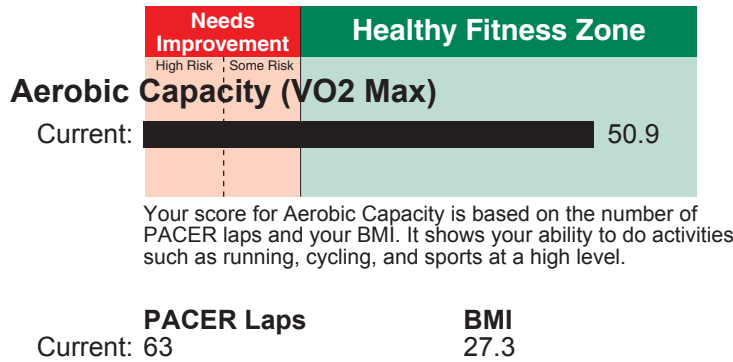
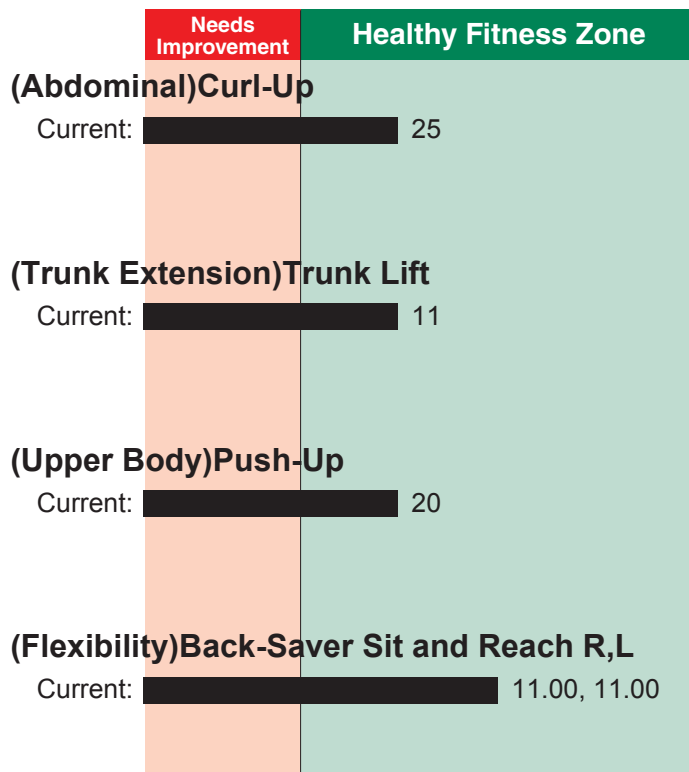


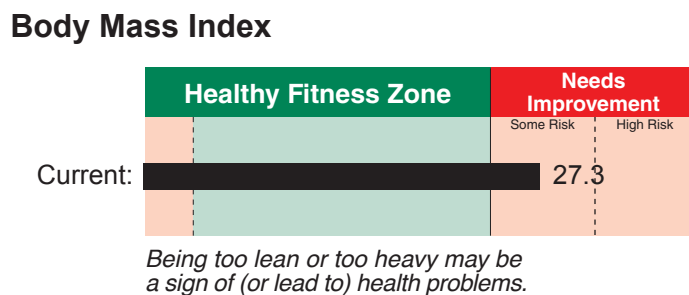
**AEROBIC CAPACITY**



**MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY**



**BODY COMPOSITION**



**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**

**MESSAGES**

Your aerobic capacity score is in the Healthy Fitness Zone. To maintain fitness, you should be active every day. Try to do vigorous activities or sports that you enjoy for a total of 60 minutes each day.

Your abdominal, trunk, and upper-body strength are all in the Healthy Fitness Zone. To maintain your fitness, do resistance-training activities that include exercises for these areas. Abdominal and trunk exercises should be done 3 to 5 days each week. Strength activities for other parts of your body should be done 3 days a week.

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

Mr, your body composition score needs improvement. If it stays at this level it could lead to health problems. To improve, do the following:

- Get at least 60 minutes of moderate to vigorous activity each day.
- Reduce time spent watching TV and playing video games.
- Eat a healthy diet including fresh fruits and vegetables.
- Reduce your calories from foods with solid fats and added sugars.

**Healthy Fitness Zone for 44 year-old boys**

- Aerobic Capacity:  $\geq 44.2$  ml/kg/min
- Curl-Up:  $\geq 24$  repetitions
- Trunk Lift: 9-12 inches
- Push-Up:  $\geq 18$  repetitions
- Back-Saver Sit and Reach: At least 8 inches on R & L
- Body Mass Index: 17.8 - 24.4

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.