

FITNESS PROFILE

CEGEP JOHN ABBOTT COLLEGE

Student Name: **Mélissa Ferland** Grade: **Cegep** Sex **Female**
 Physical education teacher : **David Hill**

Hi Mélissa,

Congratulations for taking part in the school fitness assessment program. Your results are below. You can become your healthy best by exercising every day, eating nutritious foods and feeling positive about your body and yourself. Your physical education teacher is here to help you with your healthy, active living goals! Do not hesitate to ask!

BODY COMPOSITION

WHR **1st test Wint.10** **0.7 WHR** **Outstanding (4)**

Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you're overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off.

TARGET HEART RATE ZONE

Max Heart Rate **1st test Wint.10** **202.00 bpm**

THRZ (min) **1st test Wint.10** **131.30 bpm**

THRZ (max) **1st test Wint.10** **171.70 bpm**

Exercise Heart Rate **1st test Wint.10** **132.00 bpm**

Your target heart rate zone (THRZ) ensures that you are training at a safe and effective intensity level. It is based on your age as well as your fitness level. When starting an exercise program you should train at the low end of your THRZ and gradually build up to the higher end of your THRZ. Your Exercise Heart Rate (EHR) is your heart rate immediately after exercising.

CARDIOVASCULAR ENDURANCE

Resting Heart Rate **1st test Wint.10** **70 bpm** **Healthy and Fit (3)**

12 min Stair Climb **1st test Wint.10** **76.00 trips** **Room for Development (2)**

This is a measurement of aerobic fitness, which is the most important area of fitness in terms of your overall health. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy.

MUSCULAR ENDURANCE

Curl-ups **1st test Wint.10** **50 rep** **Healthy and Fit (3)**

Push-ups **1st test Wint.10** **34 rep** **Outstanding (4)**

This is an indication of how long a muscle group can perform to exhaustion. The Push Up test measures muscular endurance in your upper body. The Curl-Ups test measures the endurance of the abdominal muscles, which are important for posture and maintenance of low back health. To improve, perform curl-ups, pilates, yoga, weight training, and other abdominal exercises 3-5 days per week.

MUSCULAR STRENGTH

Hand Grip **1st test Wint.10** **64.00 kg** **Healthy and Fit (3)**

Vertical Jump **1st test Wint.10** **35.00 cm** **Healthy and Fit (3)**

Muscular Strength is an indication of how much force a muscle group can exert. The Combined Hand Grip Test measure upper body strength and The Vertical Jump measures lower body strength and power. To improve, perform sports that build strength such as gymnastics or football. You can also follow a weight training program 3-5 days per week.

FLEXIBILITY

Hand Clasp Test **1st test Wint.10** **4.00 pts** **Outstanding (4)**

Sit and Reach w/out equipment **1st test Wint.10** **4.00 pts** **Outstanding (4)**

Flexibility is the range of motion of the muscles and tendons surrounding a joint. The Sit and Reach test and the Hand Clasp test assess your over all flexibility. To improve, perform safe stretching activities after your workouts.

Overall Fitness Level : Outstanding (96%)

Demonstrates outstanding fitness levels