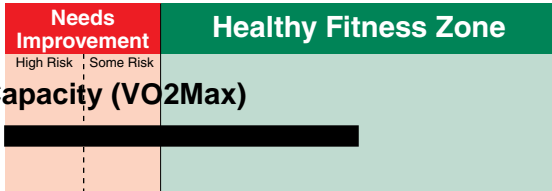


### AEROBIC CAPACITY



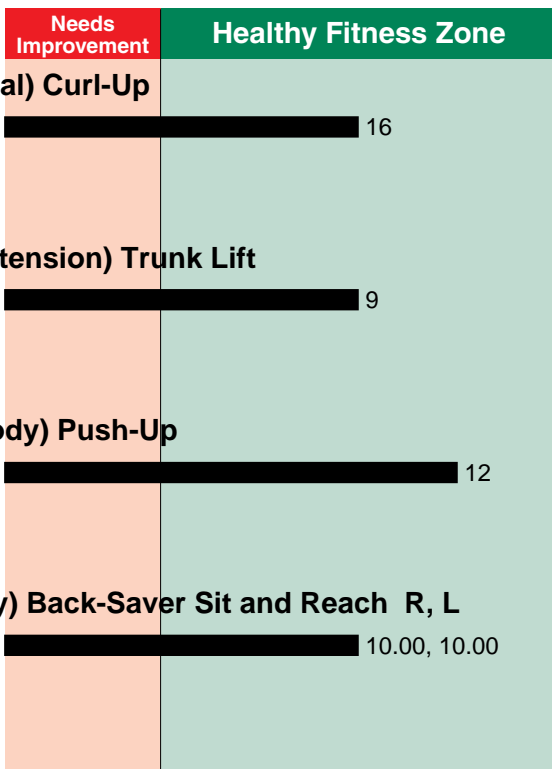
#### Aerobic Capacity (VO2Max)

Current: **24**

Your score for Aerobic Capacity is based on the number of PACER laps and BMI. It shows your ability to do activities such as running, cycling, or sports at a high level.

Current: **PACER Laps: 24**      **BMI: 17.5**

### MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY



#### (Abdominal) Curl-Up

Current: **16**

#### (Trunk Extension) Trunk Lift

Current: **9**

#### (Upper Body) Push-Up

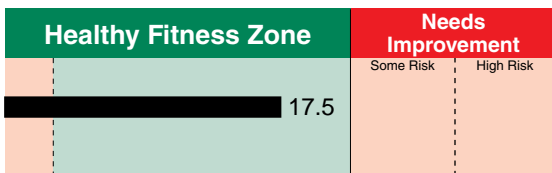
Current: **12**

#### (Flexibility) Back-Saver Sit and Reach R, L

Current: **10.00, 10.00**

### BODY COMPOSITION

#### Body Mass Index



Current: **17.5**

*Being too lean or too heavy may be a sign of (or lead to) health problems.*

### 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

You successfully participated in the aerobic test. To maintain 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, trunk, and upper-body strength are all in the Healthy Fitness Zone. To maintain your fitness, 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 each week.

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.

John, Good News. Your body composition score is in the Healthy Fitness Zone. To keep it at this level, do the following:

- Try to be active 60 minutes every day.
- Limit TV and video game time.
- Eat a healthy diet with fresh fruits and vegetables.
- Limit foods with solid fats and added sugars.

**Healthy Fitness Zone** for 9 year-old boys  
 Aerobic Capacity: Participation in PACER  
 Curl-Up: >= 9 repetitions  
 Trunk Lift: 6 - 12 inches  
 Push-Up: >= 6 repetitions  
 Back-Saver Sit and Reach:  
 At least 8 inches on R & L  
 Body Mass Index: 14.1 - 18.5

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.