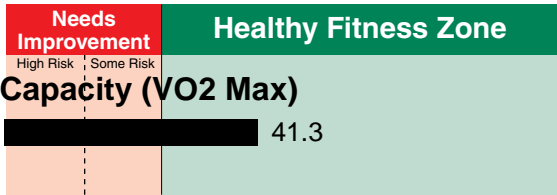


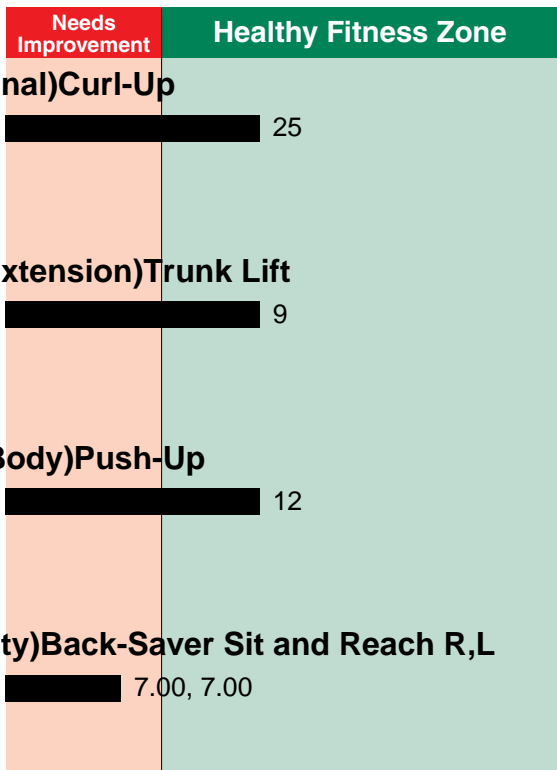
AEROBIC CAPACITY



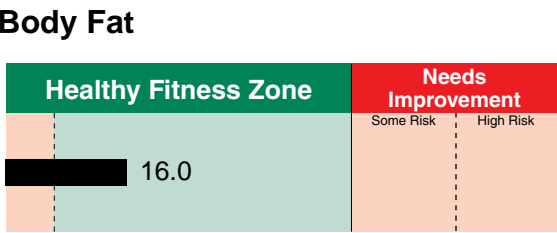
Your score for Aerobic Capacity is based on the number of PACER laps and your BMI. It shows your ability to do activities such as running, cycling, and sports at a high level.

PACER Laps **BMI**
 Current: 20 22.3

MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY



BODY COMPOSITION



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

ACTIVITY

	Number of Days
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?	3
On how many of the past 7 days did you do exercises to strengthen or tone your muscles?	3
On how many of the past 7 days did you do exercises to loosen up or relax your muscles?	1

MESSAGES

Although your aerobic capacity score is in the Healthy Fitness Zone now, you are not doing enough physical activity. Try to do more moderate or vigorous activity (at least 60 minutes, each day) to feel good and remain healthy.

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

Improve your flexibility by stretching slowly 3 or 4 days each week, holding the stretch 20-30 seconds.

Joe, Good News. Your body composition score is in the Healthy Fitness Zone but you are not getting enough physical activity. To maintain this healthy level, do the following:

- Try to get more activity (at least 60 minutes every day).
- Limit time spent watching TV or playing video games.
- Eat a healthy diet including fresh fruits and vegetables.
- Limit foods with solid fats and added sugars.

Healthy Fitness Zone for 12 year-old boys
 Aerobic Capacity: >= 40.3 ml/kg/min
 Curl-Up: >= 18 repetitions
 Trunk Lift: 9-12 inches
 Push-Up: >= 10 repetitions
 Back-Saver Sit and Reach: At least 8 inches on R & L
 Percent Body Fat: 8.4% - 23.6%

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.

Good job! You are doing some aerobic activity and strength exercises. Add some flexibility exercises to improve your overall fitness.