

Outcomes for Fitness Tests

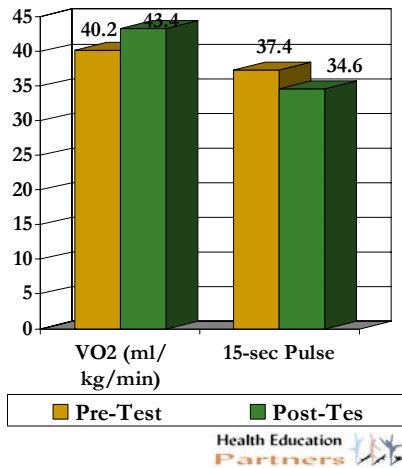
Safe, easy, comprehensive, educational, motivating and accurate fitness testing. The 3-month results are from one testing and health education session.

Health Improvements

- Lower risk for
 - high blood pressure, heart disease, diabetes, cancer, back problems and osteoporosis
- Increased
 - Cardiovascular fitness / aerobic capacity
 - Abdominal strength
 - Low back and hamstring flexibility
- Decreased
 - Percent body fat

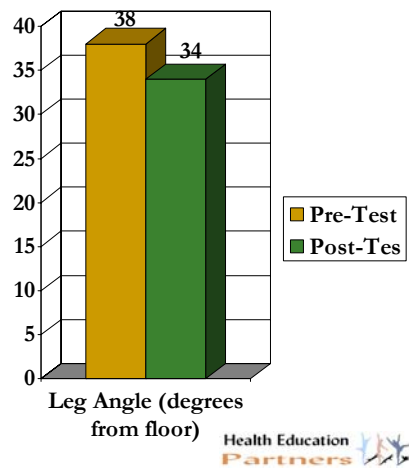
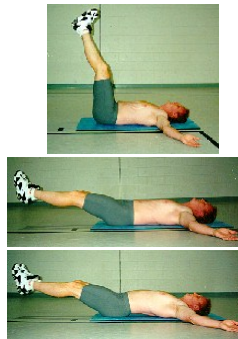
Aerobic Capacity / Predicted Maximum VO² 5-Minute Step Test

- The step test "score" is an accurate estimate of the largest volume of oxygen your muscles can consume at a given fitness level. High cardiorespiratory fitness and low pulse indicate reduced risk of heart disease and efficient functioning heart, lungs and muscles.



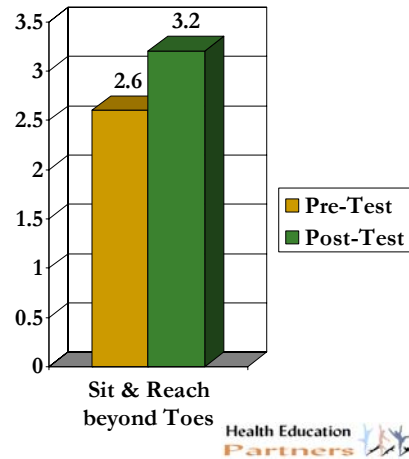
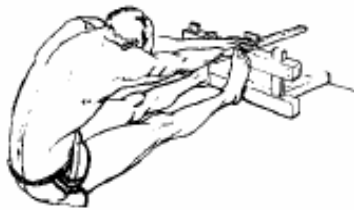
Abdominal Strength Leg Lowering Test

- Angle bringing legs closer to the floor without lower back coming off floor indicates stronger abdominal muscles



Low Back & Hamstring Flexibility Sit & Reach Test

- This test measures how far you can reach to your toes or beyond.



Health Education Partners



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