

\*\*\* Fitness Analysis \*\*\*  
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ShapeUp Fitness  
Tel-01234 56789

Paul Davies	Weight: 73.0 kg
Age: 40	Height: 177 cm
Sex: MALE	Feb 25, 2000

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Fat: 21.8% or 15.9 kg  
Lean: 78.2% or 57.1 kg  
Daily Calorie intake: 2680

The excellent range for percent fat for a male whose age is 40 years old is 6.0 - 17.0%. Your current body fat is outside the excellent range.

The Metropolitan Life Insurance Company's recommended weight range for maximum longevity for your height and body frame is 68.5 kg to 73.9 kg. Your current weight of 73.0 kg is within the recommended range.

**ANALYSIS** - The scientific literature shows that high percent body fat significantly increases various health risks. Your current fitness rating as a percentile of the population in your age and gender group is:

Risky  
 Excellent  
 Good  
 Fair  
 Needs Improvement

The literature also provides ample evidence that when weight is outside the recommended range, life expectancy is decreased. Your weight compared to the recommended midpoint weight is 1.0:1. This yields a Weight/Longevity Rating of:

Excellent  
 Good  
 Fair  
 Needs Improvement

**GENERAL RECOMMENDATIONS** - Although your weight is within the recommended range for your height and body frame, your body fat is above the acceptable limit of 17.0%. Unless you are actively participating in competitive athletics (or a similar activity), you should decrease your body fat to 17.0%.

**CAUTION:** Any exercise/nutritional program should not be undertaken without the advice of your health care professional.

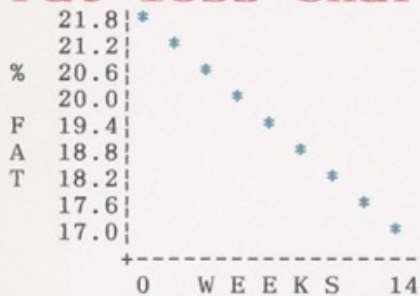
**WEIGHT/EXERCISE CHANGE RECOMMENDATIONS** - Your estimated total daily intake of Calories is 2680. This estimate includes the Calories expended by the body during total rest, normal daily activities, food digestion, and normal exercise.

There are many different theories for optimum weight/fat control. The following method is a slow and conservative method to obtain your optimum fitness level:

Since your weight is within the recommended range, you should keep in mind that 1 kg of body tissue is composed of 7700 Calories. Therefore, for every 7700 Calories consumed above the Calories expended, your body retains one kg of body tissue.

In order to maintain weight while lowering your body fat, you should maintain your Calorie intake, while increasing your daily exercise program by the equivalent of 200 Calories, which is about 30 minutes of walking. This method will bring you to your goal in 14 weeks.

### Fat loss chart



**ACTIVITY RECOMMENDATIONS** - The following table shows popular activities and the number of calories expended by each activity in a specific amount of time. The calories expended is calculated using your weight of 73.0 kg.

ACTIVITY	Minutes->	1	10	20	30	60
Walking, slowly		3.7	37	75	112	224
Walking, moderately		6.7	67	134	200	401
Jogging		11.6	116	231	347	694
Running		15.2	152	303	455	910
Domestic work		4.4	44	87	131	262
Skiing, cross country		12.6	126	252	378	756
Aerobics, continuous		14.1	141	283	424	848
Racquetball		14.7	147	293	440	879
Swim, crawl		5.1	51	103	154	308
Tennis		7.2	72	144	216	432
Skating		4.8	48	95	143	285
Walking Upstairs		18.8	188	375	563	1126