

Physical Analysis Ratings

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ShapeUp Fitness
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A N Other	Weight: 76.0 kg
Age: 34	Height: 175 cm
Sex: MALE	Oct 12, 1999

"Over ninety-nine percent of us are born healthy and suffer premature death and disability only as a result of personal misbehavior and environmental conditions... The individual has the power - - indeed, the moral responsibility - - to maintain his own health by observance of simple, prudent rules of behavior relative to sleep, exercise, diet, weight, alcohol and smoking."

Dr. John H. Nowles
Former Medical Director
Massachusetts General Hospital

Personal Best

Achieving your **Personal Best** means that you have reached your full potential. When individuals achieve their Personal Best, they possess the necessary skills to meet demands of the world today and to cope with tomorrow.

One of the keys in achieving **Personal Best** is to have meaningful scientific knowledge of your current status. Only with such meaningful information can an individual develop all aspects of the total well being (i.e. spiritual, physical, intellectual, emotional and social) to an optimum level.

The following is your current comprehensive Physical Analysis Status. It indicates areas where you are strong, and areas where you are weak. This information, coupled with professional guidance, will allow you to improve your physical status, thereby improving your quality of life - - - i.e. achieving your **Personal Best**.

It is strongly recommended that you periodically reassess your physical status. Thus, you are urged to save this analysis for comparison with your future progress.