

### Physical Analysis and Ratings Program ("PAR")

This PAR program has been specifically developed to provide a meaningful health risk appraisal and fitness assessment. This program addresses each of the following components:

- \* Height/Weight Analysis
- \* Cardiovascular and respiratory status
- \* Body composition
- \* Aerobic capacity
- \* Flexibility and muscular strength/endurance

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### **CURRENT HEIGHT/WEIGHT**

Body weight is of concern if a person is excessively fat or thin. Both indicate abnormal nutrition. However, "overweight" and "obesity" are not synonymous. Obesity means that the body has an excessive amount of body fat. Overweight means body weight is greater than that allowed by some established norm (e.g. the Metropolitan Life Insurance Height/Weight Tables).

It is possible to be overweight and not be obese; e.g. a large, well-conditioned male athlete. Conversely, it is possible for a person to have "normal" weight but still be obese; i.e. the person has an excessive amount of stored fat.

There are two commonly used norms for determining a person's weight status - - - The Metropolitan Life Insurance Tables ("MET-LIFE") and the more recent U.S. Department of Agriculture ("USDA") Weight Table. Both of these norms provide recommended weight as a function of height. Your weight compared to both of these norms is:

- \* The Met-Life normal range is 67.3 kg to 72.7 kg  
Your weight is ABOVE this norm
- \* The USDA normal range is 58.6 kg - 76.8 kg  
Your weight is WITHIN this norm

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### **CARDIOVASCULAR AND RESPIRATORY STATUS**

Resting Blood Pressure - Your resting blood pressure is:

- \* Systolic = 138 mmHg
  - When the heart beats (contracts), it squeezes blood into the arteries and creates pressure in them. This pressure (blood pressure) causes your blood to flow to all parts of your body.
- \* Diastolic = 87 mmHg
  - This is the pressure in your arteries when your heart is resting between beats.

The National Institutes of Health has developed the following guidelines on understanding blood pressure measurement: