

| | Normal | Borderline | High |
|-----------|-------------|------------|---------------|
| Systolic | 139 or less | 140 - 159 | 160 or higher |
| Diastolic | 89 or less | 90 - 94 | 95 or higher |

Based upon these definitions, you are: **NORMAL**

However, blood pressure fluctuates significantly - - - as much as 30 points in a day. Therefore, experts recommend averaging several readings taken on different days at different times to obtain your accurate typical pressure.

CAUTION: Only a physician is qualified to interpret blood pressure measurements.

Resting Heart Rate

The normal range of resting heart rate ("RHR") can vary greatly between normal people - - - anywhere from 40 to 90 beats per minute. In general, RHR is lower in fit people; however, it is not a reliable method when used alone to determine fitness. Although extremely fit athletes (e.g. runners and swimmers) have slow heart rates that indicate cardiac efficiency, slow heart rate can also be associated with physiological abnormality such as carotid sinus syndrome (associated with arteriosclerosis). However, among healthy people monitoring your resting heart rate can help certify the benefits derived from regular exercise.

YOUR RESTING HEART RATE: **75** beats per minute

Vital Capacity

Vital Capacity (VC) is the maximum amount of air that can be forced out of the lungs after taking as deep a breath as possible. It is measured using a spirometer. There is no direct relationship between VC and physical fitness. However, obviously, it takes a certain lung volume to provide an adequate amount of oxygen during exercising. Although some studies have shown an increase in VC with training, other studies have not. However, the effects of aging and living in a polluted air environment can be observed through periodic VC assessment.

YOUR SPIROMETER TEST RESULTS: **35** cc
YOUR RATING: **Average**

BODY COMPOSITION

A minimum amount of body fat is necessary to cushion and protect body organs from injury. These "adipose tissues," or "essential fats," serve the important function of storing and releasing energy (i.e., fatty acids) in response to metabolic demands. If your body's energy intake from eating exceeds your normal energy use for daily activities including exercise, the excess energy is stored as body fat. Storage of excess fat enlarges cell size and can increase the number of fat cells in the body. The safest method of reducing these fat reserves is through proper nutrition and regular exercise.