

Scientific literature shows that higher percent body fat significantly increases the risk of coronary heart disease, strokes, diabetes, certain types of cancer, and other chronic, disabling diseases. Research also shows that the location of body fat is a contributing factor to greater health risk in adults. For example, excessive fat in the body's trunk (e.g. stomach area) represents a greater health risk than excess fat in the limbs. Both moderate exercise and reduced fat intake can help reduce the amount of body fat and decrease the risk of these diseases.

Your Body Fat is: **19.2 %**  
Your Rating: **Average**

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## **AEROBIC CAPACITY**

Aerobic capacity is a measure of the maximum amount of oxygen an individual consumes. This is the maximum amount of oxygen that can be transported to the body tissues from the lungs during prolonged physical work.

Thus, aerobic capacity tells us the maximum rate at which we can utilize metabolic reactions requiring oxygen to produce energy. The three minute step test is an excellent cardiorespiratory test.

The amount of oxygen that can be delivered to the tissues depends upon a chain of physiological events: (1) Movement of air in and out of the lungs; (2) the movement of oxygen from the lungs to the blood; (3) blood picking up the oxygen, which is a function of the amount of hemoglobin in the blood content; (4) the heart pumping of the blood; (5) the delivery of blood to the muscles; and (6) the ability of the cells to use oxygen in the blood. This oxygen delivery system is like any chain in that it is only as strong as its weakest link. Consequently, if there is any deficiency (for example, low blood hemoglobin) the aerobic capacity will be reduced. Training does improve many of these functions.

Your current aerobic capacity is: **70**  
Your rating is: **Excellent**

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## **FLEXIBILITY AND MUSCULAR STRENGTH/ENDURANCE**

### **Flexibility: Sit and Reach Test**

Flexibility is defined as the ability of muscles and connective tissue surrounding the joint to have a full range of motion. Although no general flexibility test exists that is representative of total body flexibility, trunk forward flexion has been used for the past forty years as a general test of flexibility.

The reason that the forward flexibility test is widely used is because it involves a major joint area associated with lower back pain and disability. Many middle aged people have lower back pain and disability. Often, this is related to reduced flexibility of the hip and back along with reduced elasticity of the hamstring. Most of these cases can be improved by a well