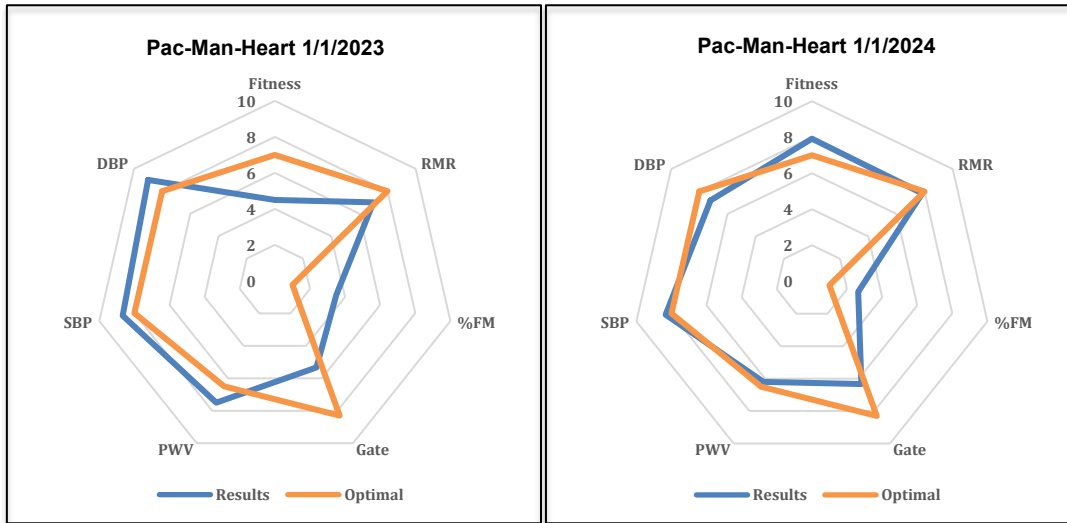


Summary Report



Detailed Report

THE **BODY COMPOSITION** TEST MEASURES THE AMOUNT OF FAT, BONE, AND MUSCLE in your body. Body composition will help you identify areas to work on to improve your overall health and fitness. In the charts below, the three lines represent the highest (upper line), average (mid line), and lower (lower line) value at different ages.

Bone Density Graph

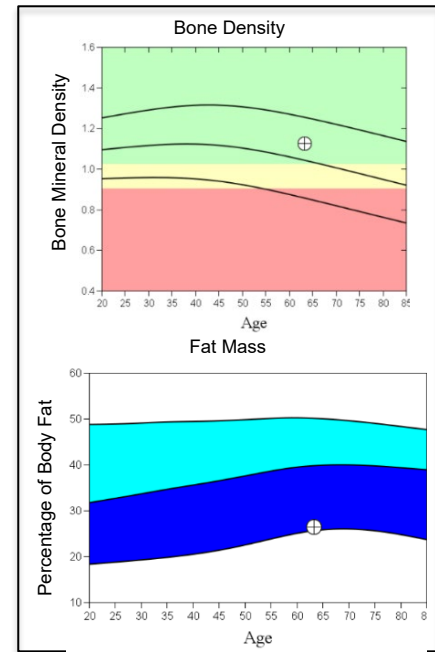
- Dot in the green area: normal bone density.
- Dot in the yellow area: low bone mass.
- Dot in the red area: presence of osteoporosis.
- A decrease in bone mineral density (BMD) will cause weakening of bones which may lead to bone fractures.

Fat Mass Graph

- Dot in the light blue area: fat mass above average.
- Dot in the dark blue area: fat mass below average.
- High percentage of body fat (%Fat) is associated with increased risk for cardiovascular and metabolic disorders.

%Fat: 23.6%

%Fat Free Mass: 76.4%



METABOLIC TESTING IS USED TO MEASURE CALORIES USED AT REST AND FITNESS LEVEL.

- Resting energy expenditure (REE) is the energy (or calories) that your body uses at rest to keep you alive. A slow metabolism promotes weight (fat) gain, a fast metabolism promotes weight (fat) loss.



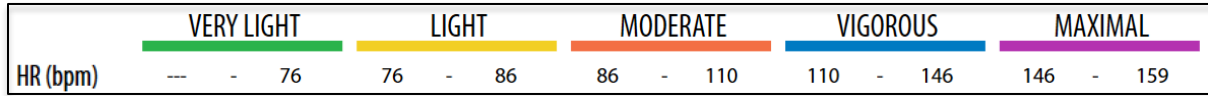
Energy from Fat: 54.6%

Energy from Carbohydrates: 43.4%

- Your fitness level (VO2/Kg) indicates your body's ability to use oxygen during exercise.
- A good or higher fitness level helps lower the risk to develop cardiovascular diseases.
- An excellent or superior fitness level improves your quality of life and optimizes sports performance.



- Here are your heart rate training zones. Your fat burning zone is your light zone, you use only carbohydrates starting in your vigorous zone.

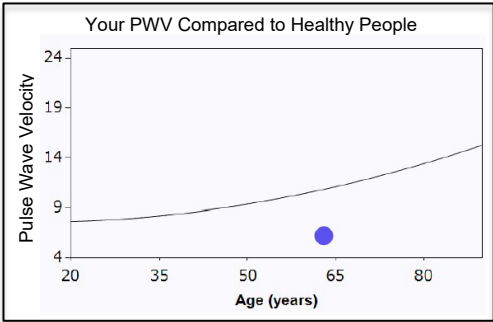


BLOOD PRESSURE AND PULSE WAVE VELOCITY INDICATE CARDIOVASCULAR HEALTH.

Pulse wave velocity (PWV) indicates the age of your blood vessels and it is the best predictor of cardiovascular events and mortality.

- Dot below the line: arteries healthier than average.
- Dot above the line: arteries less healthy than average.

PWV: 6.9 m/s



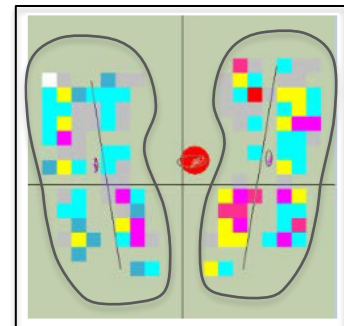
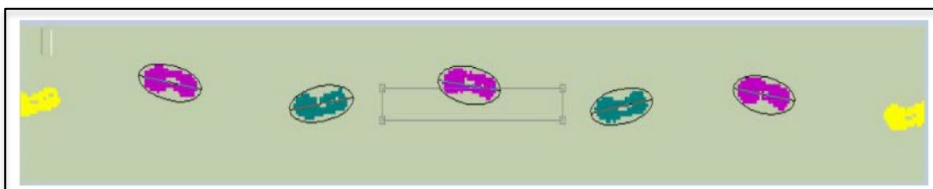
Blood pressure indicates the force (stress) on the arterial walls.

- The first number is systolic blood pressure (SBP): the pressure in your arteries when your heart beats.
- The second number is diastolic blood pressure (DBP): the pressure in your arteries when your heart rests.
- A normal blood pressure level is less than 120/80 mmHg. Your Blood Pressure: 118/75 mmHg

It is important to measure both age of the arteries (PWV) and blood pressure as they are connected. Older arteries result in higher blood pressure and high blood pressure increases aging of the arteries.

THE **GAIT AND BALANCE** TEST IS USED TO MEASURE YOUR ABILITY TO WALK AND STAND. Difficulties with gait and balance may lead to falls and which can negatively influence quality of life.

The chart on the right shows your feet while standing, the chart on the left shows your feet while walking.



- Graph on the right: the foot with darker colors is the one where you lean on the most.
- Graph on the right: the red dot and the squiggly line inside represent how much you moved while trying to keep balance.

Stride length (cm): 123 Stride width (cm): 18 Gait variability: 98 / 100

Normal Range (cm): 142 – 93 Normal Range (cm): 22 – 11