

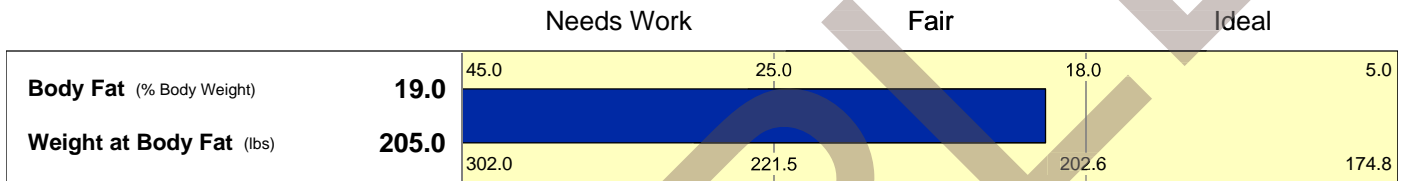


Name: John Sample
Age: 42

Standard: 40-49 years
Gender: Male

Jul 13, 2001

Description	Score	Water	Prot/Min	Fat
Component Body Weight (lbs)	205.0	122.6	43.5	38.9



Description	Jan 19, 2001	Jul 13, 2001	Difference	Percent
Total Weight (lbs)	217.0	205.0	- 12.0	- 5.5%
Body Fat (% body weight)	23.0	19.0	- 4.0	- 17.4%
Body Fat Weight (lbs)	49.9	38.9	- 11.0	- 22.0%
Lean Weight (lbs)	167.1	166.1	- 1.0	- 0.6%
Water Weight (lbs)	123.3	122.6	- 0.7	- 0.6%
Protein/Mineral Weight (lbs)	43.8	43.5	- 0.3	- 0.7%
Chest Skinfold (mm)	24.0	19.0	- 5.0	- 20.8%
Abdomen Skinfold (mm)	24.0	19.0	- 5.0	- 20.8%
Thigh Skinfold (mm)	24.0	19.0	- 5.0	- 20.8%

Comment

Body composition describes your weight in terms of water weight, protein/mineral weight and fat weight. The MicroFit assessment measured your body fat at 19.0 percent of your weight or 38.9 lbs. About 75 percent of your lean weight is made up of water or 122.6 lbs. The other 43.5 lbs of your lean weight is proteins and minerals, the building blocks of muscles, bones and other body tissues.

Fat is an important component of body composition because too much body fat can lead to health problems. John, as you can see in the graph above your body fat score is in the 'Fair' category, which may be OK for you. We suggest you show this report to a health professional and discuss your weight history and other health issues. Please note that a weight loss program can also reduce lean weight so it may be necessary to lose more than 3 lbs to achieve the 'Ideal' body fat category.

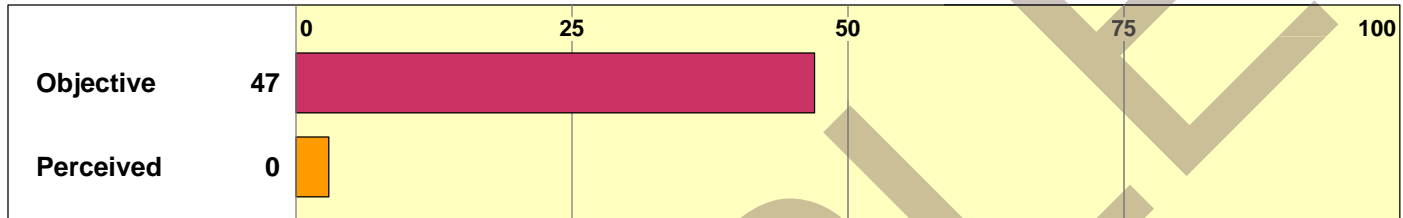


John Sample

Apr 24, 2003

Overall Wellness

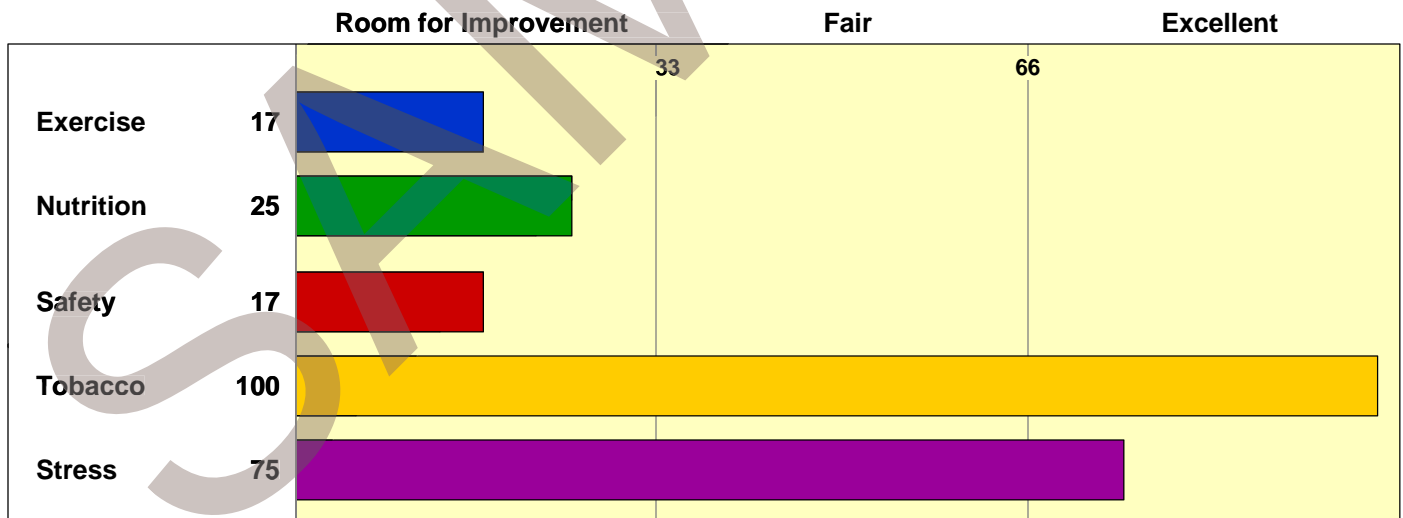
The following wellness scores measure health habits that you have control of. The objective score shows how much you are actually doing while the perceived score shows how much you think you are doing. This report explains how you can reach 100% on your wellness score.



You are doing more for your health than you think you are, but there is still room for improvement. Read this report and look for additional improvements you can make in your lifestyle.

Where to Target

When you decide to make behavior changes it is helpful to focus on one behavior area at a time. A common method is to select the behavior area that needs the most improvement. The following sections in this report provide information on how to change your behavior in the areas listed below.



Your Area of Interest: Exercise

Another method is to focus on the behavior area you are most interested in. A high level of interest is a motivating factor that will help you achieve success. A successful experience will build your confidence and lead you to try other behavioral changes.



John Sample

Apr 24, 2003

Exercise

Good Work

Vigorous aerobics

Needs Improvement

Aerobics 3+ days/week
Aerobics 20-30 min/day
Warm up and cool down
Strength training
Flexibility exercise
Abdominal exercise

Nutrition

Good Work

Low salt diet
Moderate alcohol intake

Needs Improvement

Eat breakfast every day
Eat more calcium
Eat more fiber
Reduce fat intake
Choose low fat foods
Read nutrition labels

Safety

Good Work

No drunk driving

Needs Improvement

Always wear safety belt
Drive safely
Use more sun protection
Install smoke detectors
Lift objects properly

Tobacco

Good Work

Avoid second hand smoke
Don't use tobacco
Don't smoke cigarettes

Needs Improvement

[Empty red-bordered box for Needs Improvement]



John Sample

Apr 24, 2003

Exercise

Good Work

Vigorous aerobics

Needs Improvement

Aerobics 3+ days/week
Aerobics 20-30 min/day
Warm up and cool down
Strength training
Flexibility exercise
Abdominal exercise

In 1996, the U.S. Surgeon General made the statement that exercise is important for good health. It has a positive effect on your body weight, bone strength, cardiovascular system, and your sense of well being. An inactive lifestyle is now considered to be a health hazard.

The minimum exercise goal is 30 minutes of moderate-intensity physical activity on most days of the week (5-6 days/week). The 30 minutes need not be consecutive, and can be accumulated over the course of the day. Activities such as walking from your car to work, using the stairs instead of the elevator, house work, gardening, and job activities like climbing, lifting, and pushing can all count towards the 30 minute daily goal.

It is important to understand that accumulating 30 minutes of moderate-intensity activity over the course of a day is a minimum goal. Additional health benefits may be acquired by performing more vigorous aerobic exercises where your breathing and heart rate are elevated for at least 20 minutes. Examples of aerobic exercises are fast walking, in-line skating, running, hard cycling, swimming, or vigorous sport games. If you decide to increase your level of exercise and are over age 35, it is a good idea to talk with your doctor.

John, you indicated aerobic exercise is not a routine in your life. Please consider that aerobic exercise has been shown to be essential in keeping body weight at a healthy level and in preventing diseases. Aerobic exercise can also improve your energy level and your outlook on life. Gradually work your way up to an aerobic program of 3-5 days per week.

A good aerobic workout should last 20-30 minutes. If you are just beginning an aerobic exercise program, do 10-15 minutes per session and increase workout time over the next month. If you feel too exhausted or uncomfortable during exercise, check to see if you can lower the intensity and still be within your training heart rate zone. If you are interested in losing body fat, increase your exercise duration to 30-60 minutes.

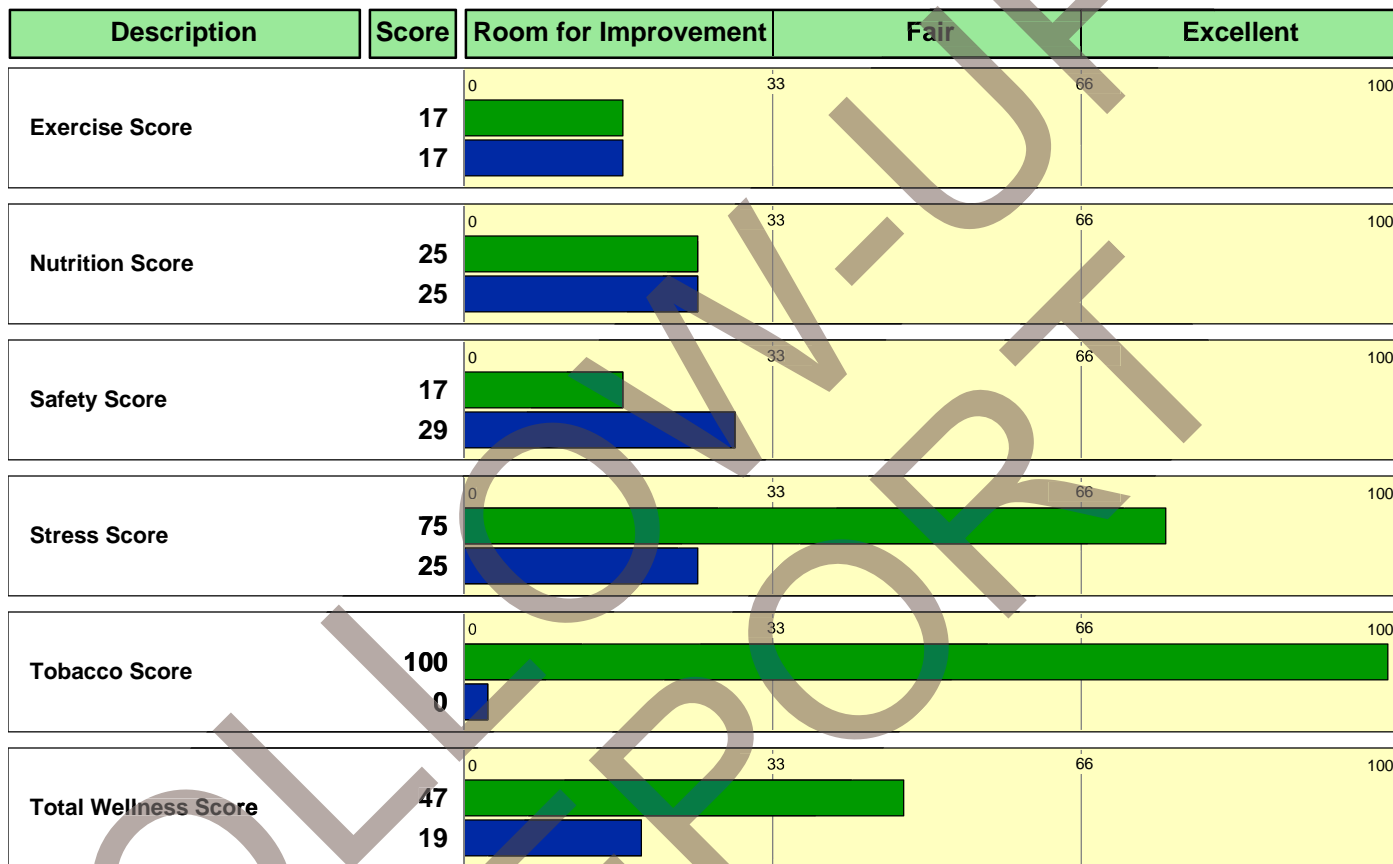
You have established the important exercise habits of warm-up and cool-down. Warming up before exercise decreases the chance of muscle injury during the upcoming activity. Your warm-up routine should include 3-5 minutes of light activity followed by stretching exercises. Cooling down after vigorous exercise helps to reduce muscle soreness, dizziness, and the possibility of fainting.



Name: John Sample
Age: 44

Gender: Male

■ Apr 24, 2003
■ Jan 19, 2001



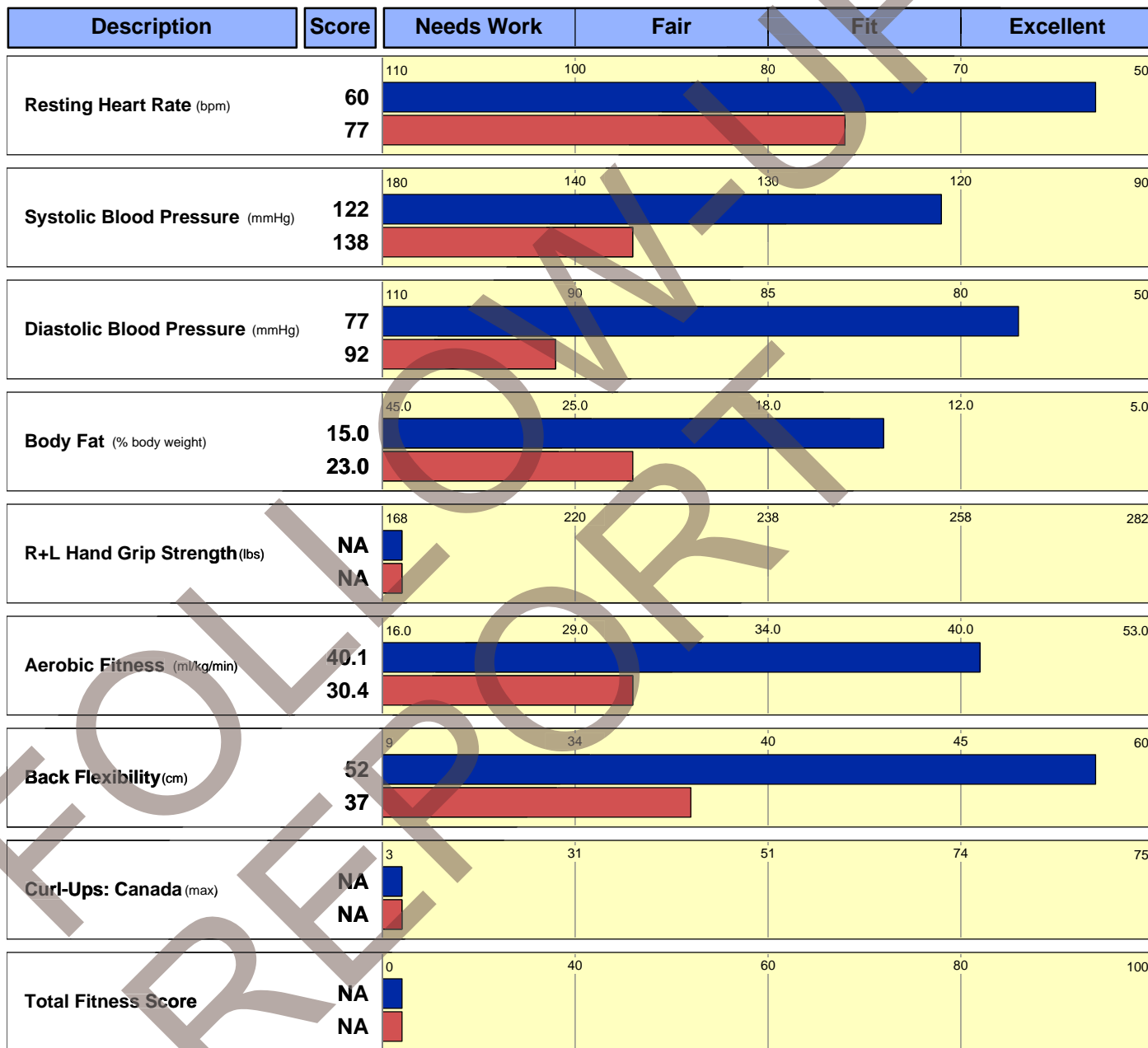
FOOL
REPT



Name: John Sample
Age: 43

Standard: 40-49 years
Gender: Male

■ Apr 12, 2002
■ Jan 19, 2001



Description	Jan 19, 2001	Apr 12, 2002	Difference	Percent
Height (in)	71.00	71.00	0.00	0.0%
Weight (lbs)	217.0	189.0	- 28.0	- 12.9%