FitnessAge Results Comparative Analysis Testing Phase 1 Prepared for: Company XYZ

July 28, 2000





FitnessAge Testing Results





Company XYZ July 28, 2000

Total Participants 32

Male	 21
Female	 11

Overall Results

Average FitnessAge results for Company XYZ employees who participated in the FitnessAge assessment are below standard. The average FitnessAge of Company XYZ employees who participated in the assessment is 42, compared to an average chronological age of 37.

This result indicates that Company XYZ employees fall short of practicing the kind of healthy lifestyles that lead to reduced risk factors for many illnesses, as well as to higher levels of fitness and performance.

Category Results

Cardio-respiratory results for Company XYZ were very poor. The average Cardio Age was 48, compared to an average chronological age of 37.

Body Composition results for Company XYZ were below average. The average Body Composition Age was 42, five years older than the average chronological age.

Flexibility results for Company XYZ were below average. The average Flexibility Age was 38, compared to an average chronological age of 37.

Muscular Strength and Endurance results for Company XYZ were better than average. The average Strength Age was 36, one year younger than the average chronological age.



FitnessAge Results By Gender



Company XYZ

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	Male	Female
Participants	21	11
Average Age	40	31
Average FitnessAge	39	47
Difference	-1	+16

Overall Results

Overall, men at Company XYZ are more fit then women. The average FitnessAge for men is 39 (which is one year younger than their average chronological age of 40), compared to an average FitnessAge of 47 for women (16 years older than their average chronological age of 31).

Category Results

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Men have greater *Cardio-respiratory* fitness than women. The average Cardio Age for men is 40, compared to an average chronological age of 40. Women's Cardio Age is 62, compared to their average chronological age of 31.

Body Composition results for men are below average, with an average Body Composition Age of 42, two years older than their chronological age of 40. Women's body composition results are very poor, with an average Body Composition Age of 43, 12 years older than their chronological age of 31.

Men have greater *Flexibility* than women. The average Flexibility Age for men is 37, compared to an average chronological age of 40. Women's Flexibility Age is 40, compared to their average chronological age of 31.

Muscular Strength and Endurance results for men are very poor, with an average Strength Age of 52, 12 years older than their chronological age of 40. Women's strength results are below average, with an average Strength Age of 35, 4 years older than their chronological age of 31.





FitnessAge Results Based on Frequency of Exercise



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Per Week	0x	1x	2x	3x	4x
Number of People	4	4	6	7	11
% of Participants	13	13	19	22	34
Average Age	37	41	35	35	38
Average FitnessAge	38	54	45	42	38

Notes:

Frequency of Exercise Analysis

44% of Company XYZ participants report that they exercise two or fewer times per week, with 13% being totally sedentary (not exercising at all during a typical week).

Exercising two times per week or fewer leads to far greater risk factors for a number of illnesses and disease. 56% report that they are physically active, exercising at least three times per week.

United States government studies suggest that approximately 60% of the national population is sedentary, and as many as 80-85% of Americans don't get enough physical activity to accrue significant health benefits.

Correlation Between Exercise Frequency and FitnessAge Results

Comparing FitnessAge results with frequency of exercise responses, it is evident that Company XYZ employees who exercise regularly (three times per week or more) have better FitnessAge results than those who exercise little or not at all.



Cardio-respiratory Analysis

Recovery Heart Rate



Average Recovery Heart Rate						
	Male				Female	
Age Group	# people	Actual	Ideal	# people	Actual	Ideal
20 - 29	1	105	85	3	109	89
30 - 39	7	101	87	6	117	92
40 - 49	7	94	90	1	89	96
50 - 59	5	115	94	1	64	<i>99</i>
60 - 69	1	92	96	N/A	N/A	102
70 - 79	N/A	N/A	<i>99</i>	N/A	N/A	103

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	Male	Female
Actual Avg Recovery HR	102	113
Ideal Avg Recovery HR	90	92
Difference	+12	+21

Notes:

The average recovery heart rate of men at Company XYZ is 102 beats per minute, which is 12 beats higher than the ideal average recovery heart rate of 90.

The average recovery heart rate of women at Company XYZ is 113 beats per minute, which is 21 beats higher than the ideal average recovery heart rate of 92.

Cardio-respiratory fitness is critically important to maintain low risk factors for heart disease, hypertension, atherosclerosis, and other illnesses.





Body Composition Analysis



Average Body Composition Percentages						
	Male			Female		
	# people	Actual	Ideal	# people	Actual	Ideal
20 - 29	1	21.2	11%	3	23.9	19%
30 - 39	7	20.3	14%	6	21.0	20%
40 - 49	7	17.6	16%	1	25.9	22%
50 - 59	5	24.0	19%	1	35.7	23%
60 - 69	1	23.1	21%	N/A	N/A	24%
70 - 79	N/A	N/A	22%	N/A	N/A	25%

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Notes:

The average body fat of men at Company XYZ is 20.8%, which is 3.8% higher than the ideal average body fat for this population.

The average body fat of women at Company XYZ is 23.6%, which is 3.6% higher than the ideal average body fat for this population.

Excess body fat is associated with a number of health risks, including heart disease, hypertension, diabetes, gall bladder disease, and sleep disorders.





Summary Data

Physical Activity Readiness Questions

% Answering Yes

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Heart condition	3.1%
Chest pain	0.0%
Dizziness during exercise	3.1%
Joint Problems	3.1%
Smokers	15.6%
Taking Medication	3.1%





Participant List

Jim Alameda Tricia Bauingartner Thomas Betts Andrew Brunetti Laura Bundy **Bill Chatterson** Thomas Dunbar Jim Fitzjarrell Chris Gauthier Monica Gifford **Charlotte Hirstius Cindy Hughes** Otto Kuttner **Chuck Laursen** Jeff Leisegang Jackie Lunger Pat Maley Gary Marcove Sean McCloskey Kevin McMahon Robert Meyer Mike Murphy Keith Roberts Jim Soiland Catherine Spennacchio Betty Stech Joyce Sunitha Laura Thompson **Brian Trembath** Tim Vander Kooi Karen Werner



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