



BodyAge Assessment

For

Sample Female


Performed by Personal Trainer


12/28/2007

BLOOD PRESSURE

Blood pressure is the measure of the force or pressure exerted by blood on your arteries. There are two different measures of blood pressure: systolic (higher number), and diastolic (lower number). The systolic pressure reflects the force on your arteries when your heart contracts forcing a large volume of blood into your arteries. The diastolic pressure is the measure of the force on the arteries when the ventricles are relaxed and your heart is filling with blood.

YOUR RESULTS

	Normal	Prehypertension	Stage 1 Hypertension	Stage 2 Hypertension
Systolic	 113			
	< 120	120 - 139	140 - 159	>159

	Normal	Prehypertension	Stage 1 Hypertension	Stage 2 Hypertension
Diastolic	 62			
	< 80	80 - 89	90 - 99	>99

Sample, your blood pressure of 113/62 mmHg is within the Normal range. Keeping your blood pressure within this range will greatly reduce your chances of having a heart attack or stroke. The American Heart Association recommends having your blood pressure checked on a regular basis.

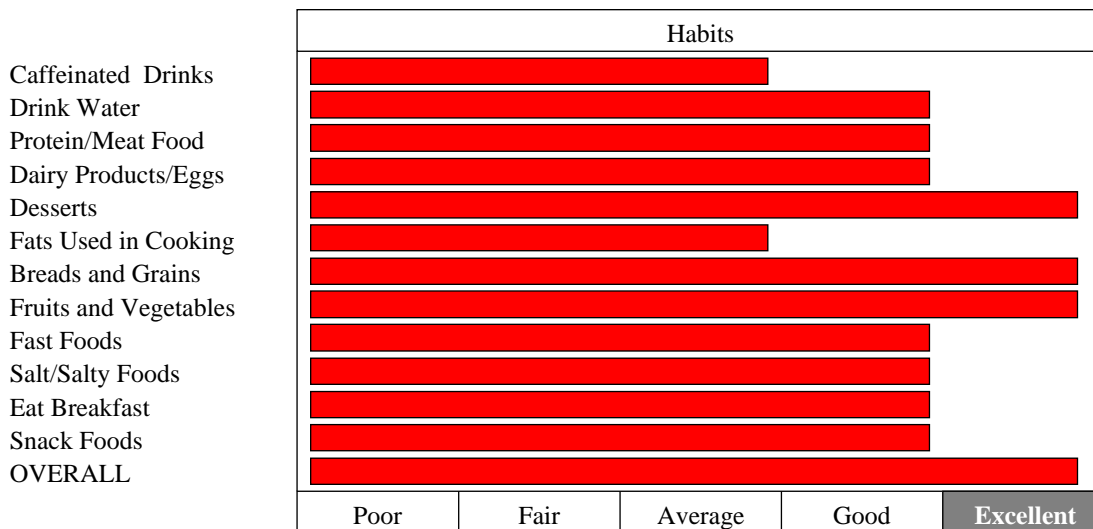
BLOOD PRESSURE TIPS

It's important to realize that changing your lifestyle or living habits could have a dramatic effect on your blood pressure. Therefore, to keep your blood pressure from becoming elevated exercise regularly, control your weight, limit alcohol consumption and avoid excess salt and dietary fats.

NUTRITION

Good nutrition is essential for maintaining health and providing the energy necessary for optimal physical and mental performance. Poor nutrition is a significant risk factor in many of the leading causes of death in the U.S. including coronary heart disease, cancer, stroke and diabetes. Your current nutritional status for each factor listed below is rated from Poor to Excellent on the nutrition habits scale.

YOUR NUTRITION HABITS



Sample, from the graph you can see that your overall nutrition ranking is Excellent. Congratulations, keep up the good work. Ideally you want to score Good or Excellent in all the categories above.

NUTRITION TIPS

Maintain good nutrition by eating a variety of unrefined foods, rich in fiber, low in fat, cholesterol and salt. Emphasize fresh fruits, whole grain breads and vegetables. Pay close attention to the personal recommendations below marked with a ■'.

- Fish or white meat poultry is preferable to red meats. Vegetable proteins, such as beans and grain/nut mixtures, are good substitutes for meats.
- Use low or nonfat milk and dairy products in place of butter, cream and cheese.
- Use vegetable oils and margarine in place of solid or animal fats.
- Choose whole grain breads, rolls, muffins, pancakes and cereals instead of white bread & rice, refined/sweetened cereals, and white flour baked goods.
- Eat 4-5 servings/day of fresh fruit and vegetables. They are high in nutrition and low in fat and calories.
- Avoid eating typical fast foods such as burgers, fries, pizza, etc. Instead, eat soup and salad and other low-fat meals, or pack your own lunch.
- Eat very sparingly of salt and salty foods; chips, pickles, soy sauce, etc.
- Eat a good breakfast every morning for optimal physical and mental performance.
- Avoid frequent eating of high fat snack foods (potato chips) between meals.

CARDIOVASCULAR

Cardiovascular fitness is the ability of the heart, lungs and circulatory system to supply oxygen and nutrients to working muscles efficiently, and allows activities that involve large muscle groups (walking, running, swimming, biking, etc.) to be performed over long periods of time. From a health standpoint, cardiovascular or aerobic fitness is generally considered to be the most important of the fitness components.

Cardiovascular Assessment	
Protocol: OwnIndex	Max VO ₂ : 57.1

Sample, from the results of the OwnIndex assessment, your maximum oxygen consumption is calculated to be 57.1 ml/kg-min. Maximum oxygen consumption (abbreviated Max VO₂) is a measurement of the maximum rate your body can consume and process oxygen during exercise. The higher your Max VO₂, the better your cardiovascular fitness.

YOUR RANKING

	Very Low	Low	Fair	Moderate	Good	Very Good	Elite
57.1							
ml/kg-min	< 24	24 - 27	28 - 31	32 - 35	36 - 40	41 - 44	> 44

Comparing your results with other females between the ages 30 - 39, places you in the 99th percentile and the Elite cardiovascular fitness classification.

REGULAR CARDIOVASCULAR EXERCISE CAN

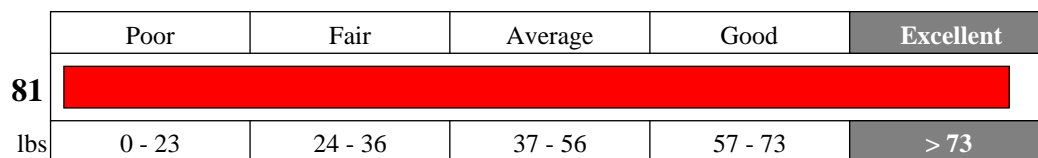
- Reduce your risk of heart disease
- Lower elevated blood pressure
- Reduce blood cholesterol
- Increase circulation and improve performance of your heart and lungs
- Help you look and feel better

STRENGTH

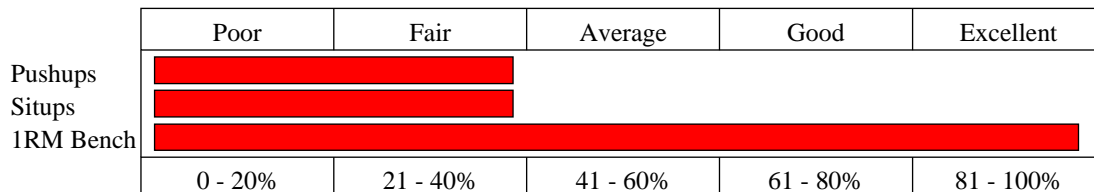
Muscular strength is very important to your overall health and fitness. Adequate levels of strength are necessary to perform your daily routines at home and work, without excessive fatigue or stress. Higher levels of muscular fitness also reduce the incidence of lower back pain and injury to the musculoskeletal system. Strong muscles also assist your cardiovascular system in sustaining physical activity.

Strength Assessment		
Bicep Strength: 81 lbs	Pushups: 10	Situps: 21
1-RM Bench Press: 125 lbs		

YOUR BICEP STRENGTH RANKING



YOUR PERCENTILE RANKING



Sample, from the graph above you can see your strength classification when compared with other females your age. Ideally, you want to score in the Good classification or higher. Try the tips below to help maintain your strength.

STRENGTH TRAINING TIPS

A well-rounded strength training program includes at least one exercise for each of the major muscle groups in your body. Minimally, you should include one core exercise for the lower body and two core exercises for the upper body. To avoid muscle fatigue, you should arrange your program so that successive exercises do not involve the same muscle group. This principle may be applied by using the following order for weight training exercises:

- | | | |
|-------------------------|-----------------------|-------------|
| 1) Thighs and hips | 4) Legs and ankles | 7) Forearms |
| 2) Chest and upper arms | 5) Shoulders and arms | 8) Wrists |
| 3) Back and thighs | 6) Abdomen | |


FLEXIBILITY

Flexibility is the ability to move a joint fluidly through its complete range of motion and is important to general health and physical fitness. Flexibility is reduced when muscles become short and tightened with disuse causing an increase in injury and strains.

Flexibility Assessment	
Sit & Reach:	15 in

Sample, your flexibility classification is calculated using the measurements from the above flexibility protocols and established guidelines and norms.

YOUR MODIFIED SIT AND REACH RANKING

	Poor	Fair	Average	Good	Excellent
15.0					
inches	0 - 12.6	12.7 - 14.5	14.6 - 15.8	15.9 - 16.7	> 16.7

Sample, the graph shows your flexibility classification when compared with other females between the ages 20-35. Ideally, you want to score in the Good classification or higher.

Try the tips below to help improve your flexibility.

STRETCHING TIPS

The following is a good outline to follow when stretching:

- Choose at least one exercise for each of the major muscle groups (10-12 in all).
- Stretch slowly without bouncing.
- Hold each stretch just below the pain threshold for 10-60 seconds.
- Perform 2-6 repetitions for each exercise.
- For improving flexibility the routine should be performed three days each week. For maintaining flexibility, 1 day each week.

BODY COMPOSITION

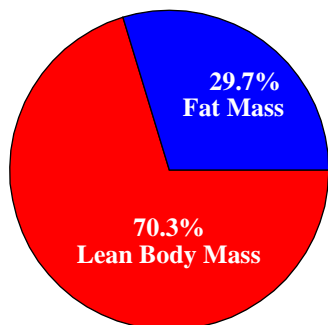
Body Composition refers to the relative proportions of body weight in terms of lean body mass and body fat. Lean body mass represents the weight of muscle, bone, internal organs and connective tissue. Body fat represents the remaining fat tissue. Body fat serves three important functions:

- 1) insulator to conserve heat
- 2) metabolic fuel for the production of energy
- 3) body fat serves as padding to cushion your internal organs

It's essential to maintain some body fat, but an excess level poses a serious health risk. High levels of body fat are associated with high blood pressure, increased levels of blood fats and cholesterol, heart disease, stroke, diabetes and certain cancers. In contrast, very low body fat can cause the development of such medical conditions as heart damage, gastrointestinal problems, shrinkage of internal organs, immune system abnormalities, disorders of the reproductive system, loss of muscle tissue, damage to the nervous system, abnormal growth and even death. Body fat is expressed as a percentage of total body weight.

Protocol: 3 Site Skinfold		
Tricep: 27 mm	Suprailiac: 18 mm	Thigh: 36 mm

YOUR BODY COMPOSITION



Body Weight: 151 lbs.

Lean Body Mass: 106.2 lbs.

Fat Mass: 44.8 lbs.

Basal Metabolic Rate: 1503

Sample, your body weight of 151 lbs. is made up of 106.2 lbs. of lean mass (bone, muscle and connective tissue), and 44.8 lbs. of fat mass. BMR is the number of calories your lean tissue uses each day.

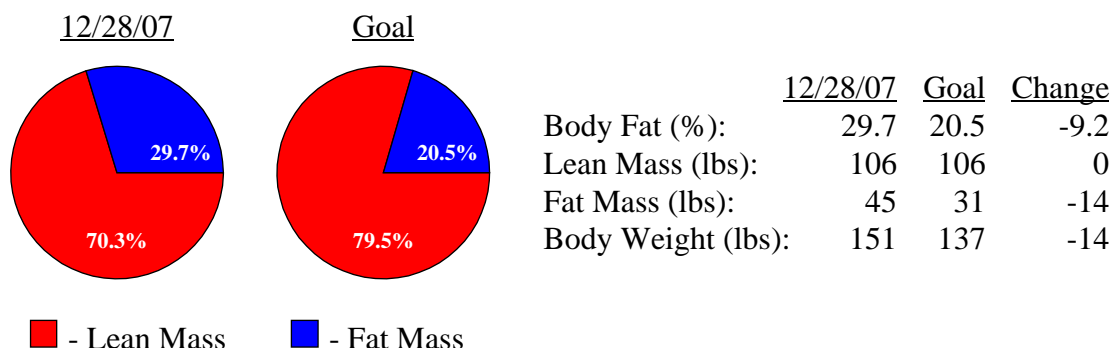
	Low	Optimal	Moderate	High	Very High
29.7	<div style="width: 100%; height: 15px; background-color: red;"></div>				
% fat	< 19.1	19.1 - 24.0	24.1 - 29.0	29.1 - 34.0	> 34.0

Sample, reducing your body fat will decrease your risk of developing many serious health problems. Use exercise and good nutrition to effectively and safely reduce your body fat. Reducing your body fat to the good range of 19.1 - 24.0 percent will reduce your weight to 131.3 - 139.9 pounds.

YOUR PERSONAL PROGRAM

Sample, your Personal Program is based on your results from the fitness evaluation. The focus of the program is to reduce your body fat through sound nutrition, strength and cardiovascular programs.

BODY COMPOSITION GOALS



Sample, by following the nutrition and exercise plan, you will reach your goal body fat of 20.5% and goal body weight of 137 lbs in 12 weeks.

NUTRITION GOALS

Sample, at complete rest your lean body mass will burn 1503 calories each day. This is known as your basal metabolic rate (BMR). In addition to your BMR, you will burn approximately 751 calories by processing food and through normal daily activities. Using this information and your personal goals, the following is recommended:

Daily Caloric Intake : 1650 Calories
 Number of Daily Meals : 3
 Number of Daily Snacks: 2

EXERCISE CALENDAR

	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL FOR WEEK
Cardiovascular:	Refer To the Keeps-U-Fit Program for details							190 min

CARDIOVASCULAR PROGRAM

Polar Keeps-U-Fit

Sample, this cardiovascular program is designed to improve your aerobic fitness level. The exercise sessions are suitable for various types of exercises. The amount of weekly exercise sessions as well as their intensities and durations vary according to your fitness level and goals. Your cardiovascular program consists of achieving 3 hours and 10 minutes (2150 calories) of exercise each week.

REMEMBER

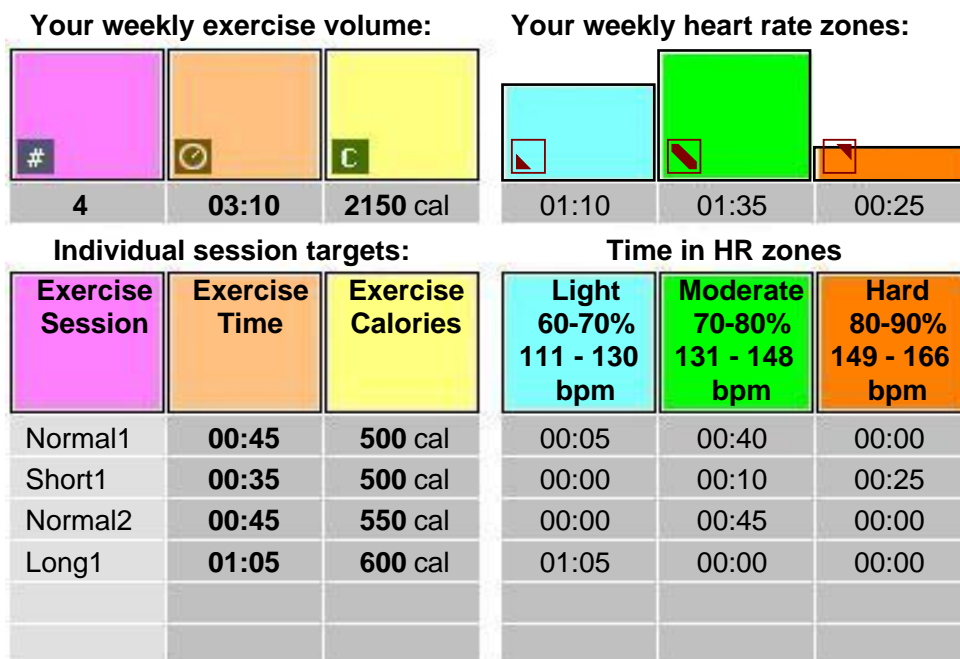
1. Check with your physician before starting any new exercise program.
2. Each of your exercise sessions should begin and end with a 3-5 minute warm-up and cool-down of light exercise, such as walking. Additionally, your warm-up should contain stretching exercises.

YOUR PROGRAM

Start Date: Fri Dec 28, 2007
VO2/OwnIndex: 57.1 (ml/kg/min)

Days/Week: 4
Goal: Improve

Sitting HR: 58 bpm
Max HR: 185 bpm



Try to achieve the goals for each exercise session using your heart rate monitor to check your intensity. Remember to periodically enter your heart rate data into the **BodyAge System** to monitor your progress. It is important to re-check your VO2MAX and have a new exercise program created every 4 weeks to continue maximizing your results.

Selected Activities: Elliptical Trainer, Tennis (competition), Weight Training and Yoga.

MEAL PLANNER

General

Sample, you have selected to follow a healthful eating plan. If you are following a prescribed diet for a medical condition, please consult your physician before following this plan.

Eating a well balanced diet, in combination with exercise, is one of the most effective ways to improve your overall health. A healthful diet will decrease your risk for developing coronary heart disease, cancer, stroke and diabetes while at the same time increase your physical and mental energy levels. In addition, a healthy diet can significantly improve fitness performance levels. Remember, this is a long-term eating plan. It takes time to acquire new tastes and change eating preferences. Once you are accustomed to eating lower fat foods and making more nutritious choices, the high fat foods will lose their appeal.

Tips for more healthful eating:

- Eat the recommended servings of fruits and vegetables
- Do not skip meals or snacks
- Read the labels of the foods you buy



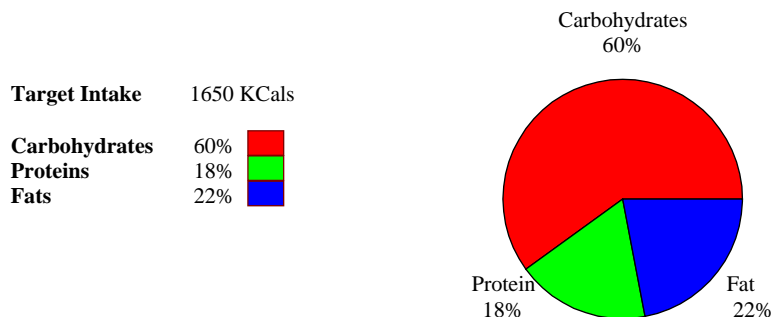
SWITCH FROM

Hamburger, meatloaf, prime rib, etc.
Poultry with skin
Fried chicken or fish
Whole or 2% fat milk
Regular cheese
Cookies, cake, pie
Beef taco, taco salad
Pizza with meat

SWITCH TO

Ground turkey breast, veggie burger
Skinless poultry
Broiled, grilled, or roasted chicken or fish
1% or skim milk
low-fat cheese
Fig bars, graham crackers, angel food cake
Bean burrito, "light" chicken taco
Pizza with vegetables

MEAL PLANNER



The exchange list is an easy and flexible way to follow a balanced diet that is customized to your individual needs. There are 6 exchange groups and a free food group. The exchange groups include: Starch/Grains, Fruit, Milk, Vegetable, Meat and Fat. The foods are grouped together because each serving has about the same amount of carbohydrate, protein, fat and calories. Free foods have less than 20 calories or less than 5 grams of carbohydrates per serving. Foods on the list below can be "exchanged" or traded for any other food on the same list. The total number of calories per meal are listed on the right side of each meal header.

Helpful healthy tips for the preferences you chose are listed in the Preference Tips section for each meal and snack. Your recommended daily total servings and the number of servings per meal are listed below. To insure proper caloric and nutrient intake, make sure you achieve the recommended daily totals. For a more detailed list of foods in each food group, ask your wellness consultant for the "Exchange List" pamphlet.







Remember:

- Make changes slowly, add a healthy habit each week
- Use more healthful cooking methods such as baking instead of frying
- Take your time when you eat to prevent over-stuffing
- Drink 8-10 glasses of water every day
- Plan ahead for each meal

DAILY SERVING TOTALS

Daily Servings	Breakfast	Lunch	Dinner	Snack 1	Snack 2	Total	Calories
Grains	2	2	2	0	0	6	480
Fruit	2	1	1	1	1	6	360
Milk	1	1	1	0	0	3	225
Vegetable	0	2	3	1	1	7	175
Meat & Beans	1	1	1	0	0	3	165
Oils	1	2	2	0	0	5	225


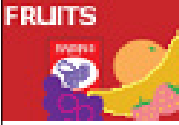




MEAL PLANNER

BREAKFAST# Serving		455 Kcals
	2 160 Cal	1/2 bagel, 1 slice bread (toast), 1/2 english muffin, 1 slice raisin bread 1 4.5" waffle (includes 1 fat), 2 4" pancakes (includes 1 fat) 3/4 cup unsweetened cereals (Cheerios, Rice Krispies, Raisin Bran, etc.) 1/2 cup other cereals (Captain Crunch, Lucky Charms, Coco Puffs, etc.) 1/4 cup Grape-Nuts 1/2 cup oatmeal 1 small potato, 1/2 cup beans (garbanzo, pinto, kidney, white, split, black-eyed)
	2 120 Cal	1 small to medium fresh fruit (apple, orange, pear, banana) 1/3 cantaloupe or honeydew, 1/2 large grapefruit, 17 grapes, 12 cherries 3/4 cup blueberries or blackberries 1/2 cup juice (apple, orange, pineapple, grapefruit) 1/3 cup dense juice (cranberry, grape, prune)
	1 75 Cal	1 cup skim, 1% or 2% milk 3/4 cup plain low-fat or fruit yogurt
		1/2 cup tomato or vegetable juice 1/2 cup cooked broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini 1 cup raw broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini
	1 55 Cal	1/4 cup egg substitutes, 2 egg whites 1 oz lowfat cheese 1 oz lean pork, chicken or turkey 1 oz sausage with 1 gram fat per oz or less 1/2 cup beans (garbanzo, pinto, kidney, white, split, black-eyed) plus 1 starch
		1 egg 1 oz sausage with 3 grams fat per oz 1 oz feta or mozzarella cheese, 1/4 cup ricotta cheese, 1/2 cup tofu 1 oz ground beef, corned beef or fat trimmed meat
	1 45 Cal	1 tsp margarine or butter 2 Tbsp coffee cream or Half & Half 1/8 (1 oz) avocado, 1 tsp oil, 2 Tbsp sour cream 1 slice bacon
		1 Tbsp fat-free cream cheese, non-dairy creamers, 4Tbsp fat free margarine 1 Tbsp catsup herbs, spices, diet soft drinks (sugar free), lemon juice, coffee, tea

BREAKFAST PREFERENCE TIPS


- Use skim milk in your cereal instead of whole milk or 2%.
- Granola is generally higher in fat than other cereals. Read the label before you buy them.
- When cooking eggs, use a non-fat cooking spray instead of oil.
- Instead of using meat in your omelet, try vegetables like broccoli, mushrooms and low-fat cheese.
- Add nuts or whole grains to pancake and muffin mixes.
- Use apple sauce instead of oil when baking pancakes, muffins or rolls.
- Mix grape nuts or other high fiber cereal in your yogurt
- Cranberry and blueberry juice contains enzymes which helps to prevent urinary tract infections.

MEAL PLANNER






LUNCH		# Servings	490 Kcals
	2	160 Cal	1 slice of bread, 1/2 hot dog or hamburger bun, 1 small roll, 1 flour tortilla 1/2 cup pasta, 1/3 cup rice 3 oz (20) french-fried potatoes (includes 1 fat), 1 small potato 1/2 cup corn, peas, mashed potatoes, yams 3/4 cup pretzels, 3/4 cup fat free snack chips
	1	60 Cal	1 small to medium fresh fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit 17 grapes, 12 cherries, 1 small banana, 3/4 cup blueberries or blackberries 1/2 cup juice (apple, orange, pineapple, grapefruit) 1/3 cup dense juice (cranberry, grape, prune)
	1	75 Cal	1 cup skim, 1% or 2% milk 3/4 cup plain lowfat or fruit yogurt
	2	50 Cal	1/2 cup cooked broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini 1 cup raw broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini. 1/2 cup tomato or vegetable juice
	1	55 Cal	1 oz meat (tuna, chicken, turkey, lean ham, sandwich meat) 1 oz fish (cod, flounder, haddock, halibut, tuna, herring, salmon) 1 oz cheese with 3 grams or less fat 1/2 cup beans (garbanzo, pinto, kidney, white, split, black-eyed) plus 1 starch 1 oz (ground beef, meatloaf, corned beef, prime grades of meat, pork top loin or chop, lamb rib roast, veal cutlet, chicken dark meat, ground chicken and turkey) 1 oz any fried fish 1 oz mozzarella or feta cheese
	2	90 Cal	2 tsp peanut butter 1 Tbsp regular salad dressing, 2 Tbsp reduced-fat salad dressing 2 tsp regular Miracle Whip salad dressing (1 Tbsp reduced fat) 1 Tbsp catsup, fat free mayonnaise or Miracle Whip 1 Tbsp fat free salad dressing, 1/4 cup salsa, spices, sugar free soft drinks, mustard

LUNCH PREFERENCE TIPS

- Buy the leanest grades of meat. "Select" grades of meat are the leanest meats. Choice grades contain more fat, and prime cuts have the highest amount of fat.
- Toss pasta with sautéed vegetables such as green peppers, onions, mushrooms and or squash.
- "Hamburger" can contain added seasoning and fat, but ground beef does not.
- Avoid cream based soups such as clam chowder. They have more fat and are less nutritious than vegetable or minestrone soups.


DINNER		# Serving	515 Kcals
	2	160 Cal	1/2 cup pasta (spaghetti, linguini, etc.), 1/3 cup rice 1 slice of bread, 1/2 hot dog or hamburger bun, 1 small roll, 1 flour/corn tortilla 1 small potato, 1/3 cup baked beans, 1 cup squash, 1/2 cup sweet potato 2/3 cup lima beans, 3 tbsps miso 3/4 cup pretzels, 3/4 oz fat-free snack chips

MEAL PLANNER

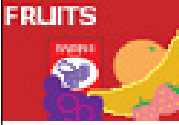


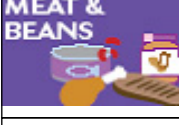

DINNER		# Servings	515 Kcals
	1	60 Cal	1 small to medium fresh fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit 1 1/4 cup strawberries or cubed watermelon 1/2 cup juice (apple, orange, pineapple, grapefruit) 1/3 cup dense juice (cranberry, grape, prune)
	1	75 Cal	1 cup skim, 1% or 2% milk 3/4 cup plain lowfat or fruit yogurt
	3	75 Cal	1/2 cup cooked (broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini, carrots, eggplant, kohlrabi, leeks, beets, artichoke, artichoke hearts, asparagus, green beans), 1 cup raw (broccoli, cauliflower, celery, mushrooms, tomatoes, carrots, water chestnuts, watercress) 1/2 cup tomato or vegetable juice
	1	55 Cal	1 oz shellfish (clams, crab, lobster, scallops, shrimp) 1 oz beef (sirloin, tenderloin, roast) 1 oz steaks (T-Bone etc.) 1 oz lean pork, chicken or turkey 1 oz fish (herring, salmon, catfish, tuna) 1/2 cup beans (garbanzo, pinto, kidney, white, split, black-eyed) plus 1 starch 1/4 cup nonfat or lowfat cottage cheese, 1 oz low fat cheese
			1 oz (ground beef, meatloaf, corned beef, prime grades of meat, pork top loin or chop, lamb rib roast, veal cutlet, chicken dark meat, ground chicken and turkey) 1 oz any fried fish 1 oz feta or mozzarella cheese, 1/2 cup tofu
	2	90 Cal	2 Tbsp reduced fat salad dressing, 2 Tbsp sour cream 1/8 avocado, 8 olives 1 tsp oil, 1 tsp mayonnaise
			1 Tbsp catsup, fat free mayonnaise or Miracle Whip 1 Tbsp fat free salad dressing, 1/4 cup salsa, spices, sugar free soft drinks, mustard




DINNER PREFERENCE TIPS

- Remove skin and excess fat from the meat before cooking.
- Bake, broil, grill or poach meat rather than frying.
- Avoid cream based sauces. They are typically high in fat. Tomato based sauces are generally low in fat and loaded with vitamins.
- Beans are an excellent source of fiber and protein as well as being low in fat.
- Fat free salad dressings are on the Free Foods list.
- Top steamed vegetables with lemon juice or fat free Italian dressing instead of cheese or cream sauces.
- Add vegetables to sauces, casseroles and rice.




SNACK 1		# Serving	85 Kcals
			3 graham crackers (2.5"), 3 cups no fat popcorn, 3/4 oz fat free chips 3/4 cup pretzels, 6 saltine crackers, 2 rice cakes (4 in across), 3/4 oz matzoh, 4 slices melba toast, 24 oyster crackers, 3/4 oz fat-free potato chips (15-20)

MEAL PLANNER

SNACK 1		# Servings	85 Kcals
	1	60 Cal	1 small to medium fresh fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit 17 grapes, 12 cherries, 1 small banana, 3/4 cup blueberries or blackberries 1/2 cup juice (apple, orange, pineapple, grapefruit) 1/3 cup dense juice (cranberry, grape, prune)
			1 cup skim, 1% or 2% milk 3/4 cup plain lowfat or fruit yogurt
	1	25 Cal	1 cup raw (broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini) 1/2 cup tomato or vegetable juice
			1/4 cup 4.5% or less fat cottage cheese 1 oz cheese with 3 grams or less fat per oz
			Cheese with 5 grams or less fat per oz 1/4 cup tempeh
			10 peanuts, 6 nuts (almonds, cashews, mixed nuts) 1 Tbsp pumpkin/sunflower seeds 2 tsp peanut butter, 8 olives, 2 tsp tahini paste
			1 sugar free candy, 2 tsp jam or jelly (low sugar) gelatin, gum, bouillon broth, 1 Tbsp powder cocoa (unsweetened) 1/4 cup salsa
SNACK 1 PREFERENCE TIPS			
<ul style="list-style-type: none"> ·All nuts are loaded with valuable vitamins, but use in moderation because most are high in fat. Use the UN-salted nuts, the pre-salted are very high in sodium. ·Chestnuts and pine nuts have the fewest calories and least amount of fat. ·Fresh vegetables dipped in fat free ranch dressing. ·Fresh, frozen, and dried fruits have about 2 grams of fiber per exchange. Fruit juices contain very little fiber. ·Citrus fruits, berries, and melons are good sources of vitamin C. 			

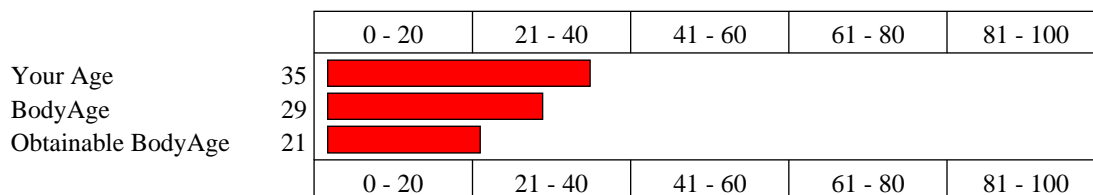
SNACK 2		# Serving	85 Kcals
			3 graham crackers (2.5"), 3 cups no fat popcorn, 3/4 oz fat free chips 3/4 cup pretzels, 6 saltine crackers, 2 rice cakes (4 in across), 3/4 oz matzoh, 4 slices melba toast, 24 oyster crackers, 3/4 oz fat-free potato chips (15-20)
	1	60 Cal	1 small to medium fresh fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit 17 grapes, 12 cherries, 1 small banana, 3/4 cup blueberries or blackberries 1/2 cup juice (apple, orange, pineapple, grapefruit) 1/3 cup dense juice (cranberry, grape, prune)
			1 cup skim, 1% or 2% milk 3/4 cup plain lowfat or fruit yogurt

MEAL PLANNER

SNACK 2	# Servings	85 Kcals
 VEGETABLES	1 25 Cal	1 cup raw (broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini) 1/2 cup tomato or vegetable juice
 MEAT & BEANS		1/4 cup 4.5% or less fat cottage cheese 1 oz cheese with 3 grams or less fat per oz
		Cheese with 5 grams or less fat per oz 1/4 cup tempeh
 OILS		10 peanuts, 6 nuts (almonds, cashews, mixed nuts) 1 Tbsp pumpkin/sunflower seeds 2 tsp peanut butter, 8 olives, 2 tsp tahini paste
		1 sugar free candy, 2 tsp jam or jelly (low sugar) gelatin, gum, bouillon broth, 1 Tbsp powder cocoa (unsweetened) 1/4 cup salsa
SNACK 2 PREFERENCE TIPS		
<ul style="list-style-type: none"> ·All nuts are loaded with valuable vitamins, but use in moderation because most are high in fat. Use the UN-salted nuts, the pre-salted are very high in sodium. ·Chestnuts and pine nuts have the fewest calories and least amount of fat. ·Fresh vegetables dipped in fat free ranch dressing. ·Fresh, frozen, and dried fruits have about 2 grams of fiber per exchange. Fruit juices contain very little fiber. ·Citrus fruits, berries, and melons are good sources of vitamin C. 		

BodyAge

Sample, your BodyAge is 29 compared to your chronological age of 35. BodyAge is calculated from the results of your assessments and how you compare with others of your same age and sex. Ideally, your BodyAge should be at least the same as your Chronological Age. Your obtainable BodyAge is what you can realistically reach with a well-rounded wellness program. Consult with your fitness trainer to set realistic goals in fitness and lifestyle changes to reach your obtainable BodyAge.



RECOMMENDATIONS

Sample, the following are factors that will improve your BodyAge. By improving these factors and following a well-rounded wellness program, it is possible for you to reach a BodyAge of 21

- Improving your Body Composition from 29.7% to 24.09% will improve your BodyAge by 6 years.
- Improving your Flexibility ranking from Average to Excellent will improve your BodyAge by 2 years.