Exercise Assessment

Client Information Sheet:

Date: December 11, 2012

Name of Appraiser: Hannah Price and Brittney Young

Name of Client: Maria Mellitus

Gender: Female

Age: 62 years

Pre-testing screening: PAR-Q filled out, has permission to exercise with the presence of a CSEP-CEP certified trainer, due to diabetes condition.

**Pre-Test Screening:**

**PAR\_Q**

1. Has your doctor said that you have a heart condition and that you should only do physical activity recommended by a doctor? NO
2. Do you feel pain in your chest when you do physical activity? NO
3. In the past month have you had chest pain when you were not doing physical activity? NO
4. Do you lose your balance because of dizziness or do you ever lose consciousness? YES
5. Do you have a bone or joint problem that could be made worse by change in your physical activity? YES
6. Is your doctor currently prescribing drugs (for example water pills) for your blood pressure or heart condition? NO
7. Do you know of any other reason why you should not do physical activity? YES

(Maria signed the consent form)

**Observations**

Pregnancy (ask all females): NO

Difficulty breathing at rest? NO

Persistent cough? NO

Lower extremity swelling? NO

Currently on medication? YES

Followed preliminary instructions? YES

**Healthy Physical Activity Participation**:

Score: 0

Rating: Needs Improvement

Needs Improvement: Your physical activity participation falls within a range that is generally associated with considerable health risks. Try to accumulate 30 minutes or more of moderate-intensity physical activity over the course of most days of the week.

**Fantastic Lifestyle Checklist:**

Score: 54

Rating: Fair

What Does the Score Mean?

A low total score does not mean that you have failed. There is always the change to change your lifestyle-starting now. Look at the areas where you scored a 0 or 1 and decide which areas you want to work on first!

**Pre-exercise Heart Rate and Blood Pressure:**

Heart rate: 90 bpm (15 sec)

Blood pressure: 140/93

**Anthrometric Measurements:**

Weight (kg): 81 kg

Height (cm): 157.48

BMI: 32.8

Waist Circumference: 88 cm

Rating WC+ BMI= 0

**Healthy Body Composition:**

BMI + WC +SO5S (Column B & C)

Score: 1

Rating: Fair- Your body composition falls within a range that is generally associated with some health risk. Continuing to progress from here into the GOOD zone will further increase the health benefits associated with your body composition.

BMI +SO5S Sum of (5) Skinfolds

Score: 1

Rating: Fair- Your body composition falls within a range that is generally associated with some health risk. Continuing to progress from here into the GOOD zone will further increase the health benefits associated with your body composition.

WC alone (Column B)

Score: 0

Rating: Needs Improvement- Your body composition falls within a range that is generally associated with considerable health risk. Try to achieve and maintain a healthy body composition by enjoying regular physical activity and healthy eating. Progressing from here into the FAIR zone is a very significant step to increasing the health benefits associated with your body composition

BMI alone (Column A)

Score: 1

Rating: Fair- Your body composition falls within a range that is generally associated with some health risk. Continuing to progress from here into the GOOD zone will further increase the health benefits associated with your body composition.

**Healthy Aerobic Fitness**

The Rockport One Mile Walking Test (Rockport Walking Institute, 1986)

The Rockport Walking Test is a submaximal field test to estimate VO2 max in males and females 20-69 years old. The participant is required to walk on mile (1.6 kilometers) as quickly as possible. The test is easily administered and is **well suited for sedentary and/ or older individuals**

Health Benefit Zone from Aerobic Fitness

Score: 240

Rating: Fair- Your aerobic fitness falls within a range that is generally associated with some health benefits but also some health risks. Progressing from here into the GOOD zone and beyond requires accumulating 30 minutes or more of vigorous physical activity over the course of most days of the week. This is a very significant step to increasing the health benefits from aerobic fitness.

**Healthy Musculoskeletal Fitness**

Recent research findings suggest there are substantial health benefits from the enhanced functional ability provided by increasing the levels of Musculoskeletal Fitness. These benefits include the unrestricted ability to perform daily activities or recreation, the ability to cope with emergencies, reduced injuries and disabilities, healthy again and maintenance of functional independence!

**Health Benefit Ratings:**

Grip Strength (kg)

Score: 41 kg

Rating: Fair

Push-Ups: 3 push-ups

Score: 3

Rating: Fair

Partial Curl Ups: 3

Rating: Fair

Vertical Jump: (Leg Power Watts)

Score: 1197 (watts)

Rating: Needs Improvement

**Healthy Musculoskeletal Fitness- Composite Scoring**

Total Weighted Score Achieved: 4

Maximum Weighted Attainable Score: 20

Score: 4/20 or a “1”

Rating: Fair

Fair- your musculoskeletal fitness falls within a range that is generally associated with some health risk. Continuing to progress from here into the GOOD zone and beyond will further increase the health benefits associated with you musculoskeletal fitness.

Needs Analysis

**Q: What are your needs? (e.g. lose weight, gain strength, increase cardio endurance?)**

 A: -To lose weight (medical reasons)

-To feel better/ have more energy

-To be able to play with my children, and be around when they grow up

-To increase my self-esteem and body image

**Q: What are your goals? (if weight, how much?)**

How much weight?

A: 15 IBS

What defines “to feel better?”

A: To get more sleep, be in a positive mood

What does being able to play with your children mean to you?

A: Being able to play tag with them, and run around

What does increasing your self-esteem mean to you?

A: Looking in the mirror and being proud of my hard work, and what I have done

**Q: What is your Timeframe? (1 month? 6 months?)**

6 months

**Q: How will you feel when you achieve your Goals?**

**A: I will feel the best I have ever felt in my life and that I am actually in good health despite my condition.**

Short Term and Long Term Goals:

Short Term Goals (1 month):

1. Weight loss of 3-4 Ibs (steady state of weight loss at 0.5 kg or 1.1Ibs per week)
2. Improvement of blood glucose levels and maintaining blood glucose within normal range (Less than or equal to 7.0% A1C, 4.0-7.0 mmol/L, and blood glucose 2 hours after eating between 5.0mmol/L- 10.0 mmol/L).
3. Reduce symptoms of high blood glucose

Long Term Goal (6 months):

1. Weight loss of 15 Ibs
2. Be able to aerobically exercise for 60 mins
3. Play tag with my children

Through a structured training program, dietary changes, and lifestyle changes your long term and short term goals can be and will be achieved!