

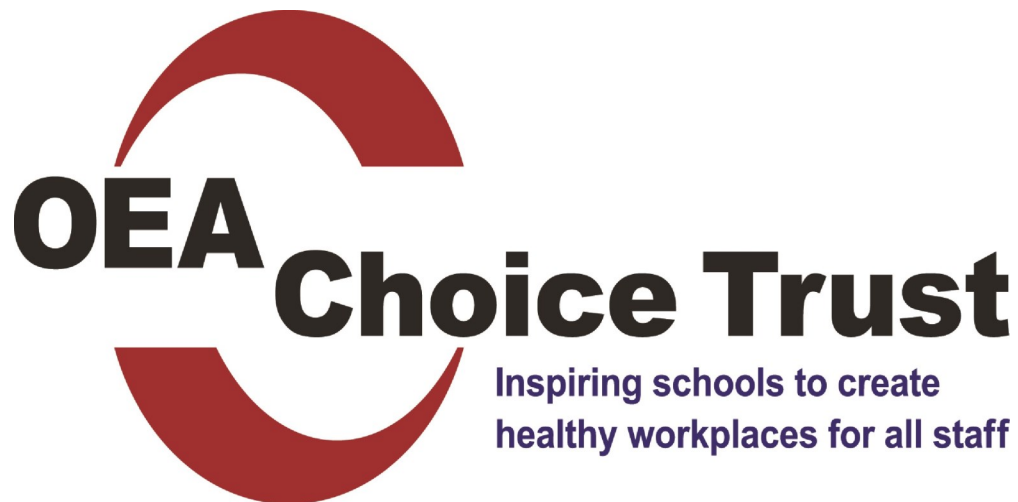


BodyAge Summary Report

Prepared For

Dallas School District

October 2015, February 2016



BodyAge Glossary

Bicep Strength Ranking – A strength measurement. Muscular strength is very important to your overall health and fitness.

Blood Pressure - The measure of the force or pressure exerted by blood on your arteries.

Body Composition - Refers to the relative proportions of body weight in terms of lean body mass and body fat.

Body Fat - Remaining fat tissue which serves three important functions: (1) an insulator to conserve heat, (2) metabolic fuel for the production of energy and (3) as padding to cushion your internal organs.

Body Mass Index - BMI is a statistical measurement which compares a person's weight and height.

Diastolic - Measures the force on the arteries when the ventricles are relaxed and your heart is filling with blood. It is the bottom or lower number on your blood pressure.

Glucose - Blood sugar

HDL Cholesterol – High density lipoprotein, the “good” cholesterol. High levels of HDL seem to protect against coronary artery disease by helping to clear the “bad” cholesterol from the bloodstream.

HDL / Cholesterol Ratio - A number that is helpful in predicting an individual's risk of developing atherosclerosis. High ratios indicate higher risks of coronary artery disease, low ratios indicate lower risk.

Hypertension - High blood pressure.

Hypotension - Low blood pressure.

LDL Cholesterol - Low density lipoprotein, responsible for depositing cholesterol into the lining of the artery. LDL cholesterol is known as “bad” cholesterol because high LDL is linked to coronary artery disease.

Pre-hypertension - Precursor to high blood pressure.

BodyAge Glossary – Continued

Sit and Reach Ranking - Flexibility is the ability to move a joint fluidly through its complete range of motion and is important to general health and physical fitness.

Systolic – Reflects the force on your arteries when your heart contracts. The top or higher number on your blood pressure.

Total Cholesterol - A fatty, waxy substance also made by the body and found in some foods.

Triglycerides - Another fatty substance found in the blood. Some are burned up for energy, while the rest are stored in the body as fat.

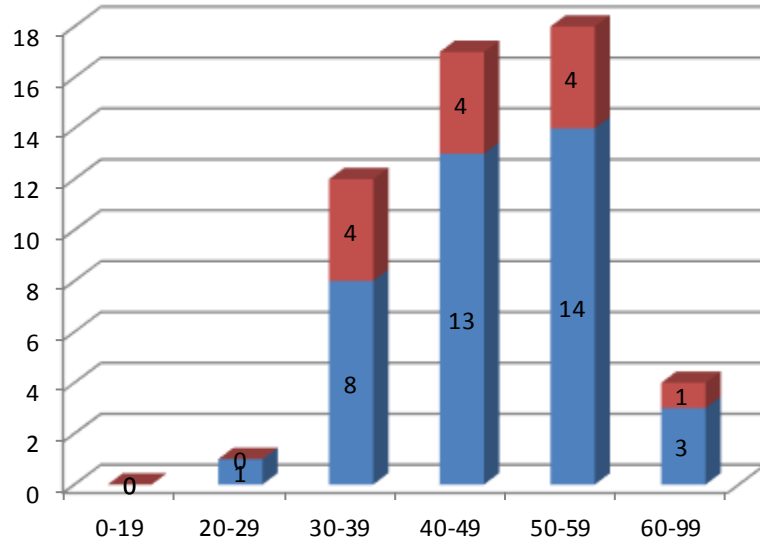
NAME School District BodyAge Summary



DEMOGRAPHICS SUMMARY

Age and Gender Distribution

This chart illustrates the Age and Gender distribution within the test group.



Total No. of Participants

52

Male %

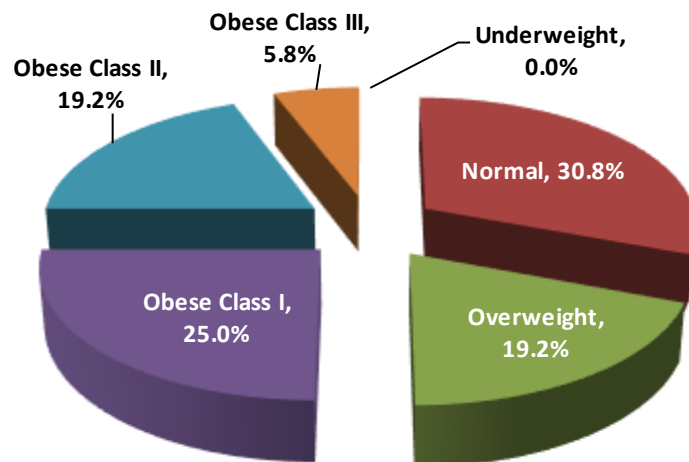
25%

Female %

75%

Body Mass Index (BMI)

BMI is a statistical measurement which compares a person's weight and height. Due to its ease of measurement and calculation, it is the most widely used diagnostic tool to identify weight problems within a population.



- Underweight
- Normal
- Overweight
- Obese Class I
- Obese Class II
- Obese Class III

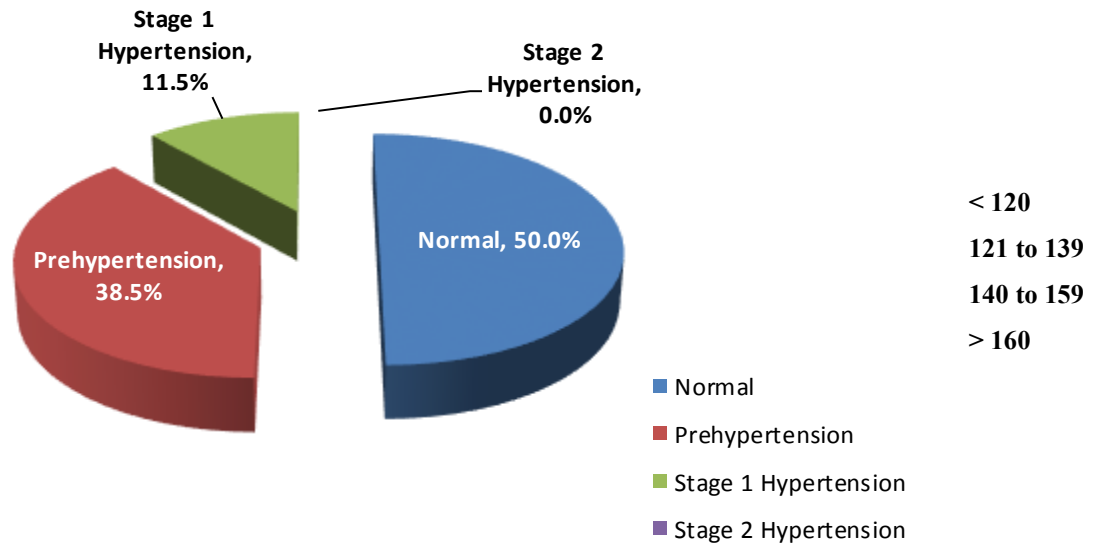
- < 18.5
- 18.5 to 24.9
- 25 to 30
- 30.1 to 34.9
- 35 to 40
- > 40

HEALTH RISK SUMMARY

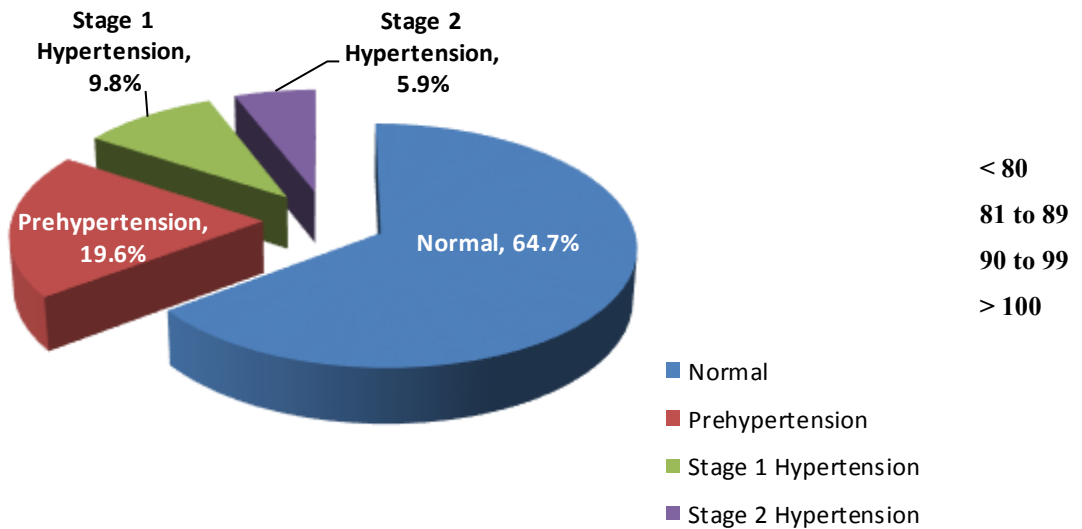


Biometric Measurements (Blood Pressure)

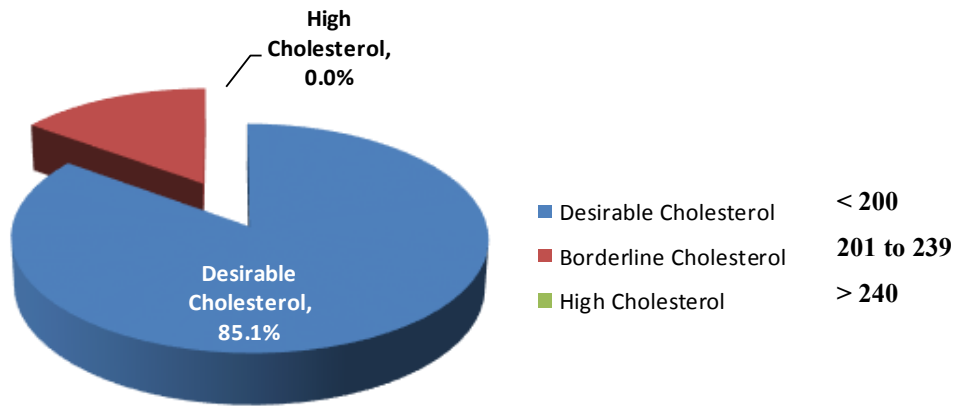
Systolic: Measures the force on your arteries when your heart contracts. *(The higher number of your blood pressure measurement.)*



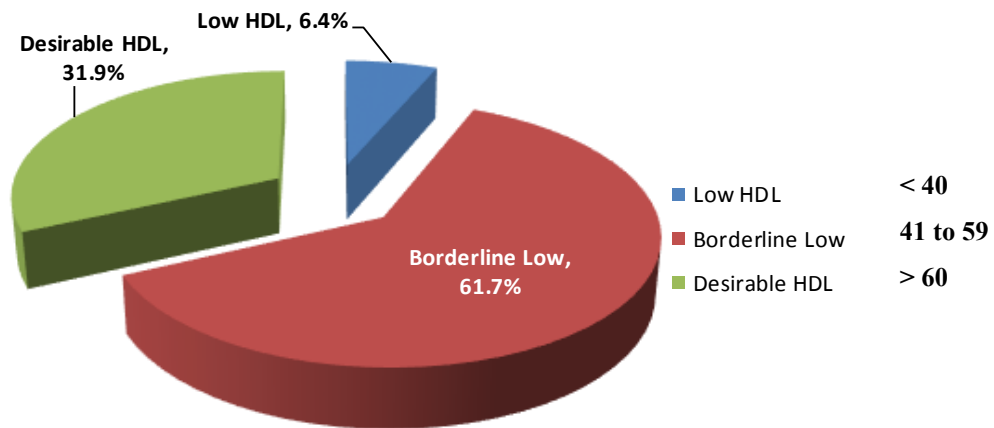
Diastolic: Measures the force on your arteries when the ventricles are relaxed and your heart is filling with blood. *(The lower number of your blood pressure measurement.)*



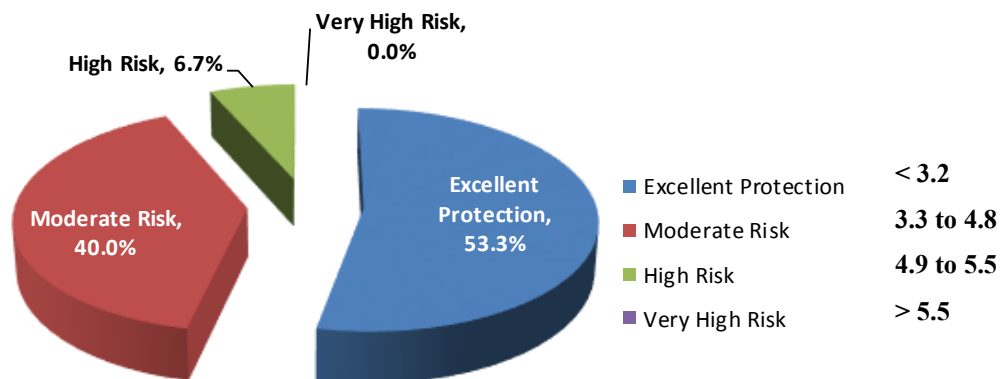
Cholesterol - Cholesterol is a fatty, waxy substance produced naturally by your liver.



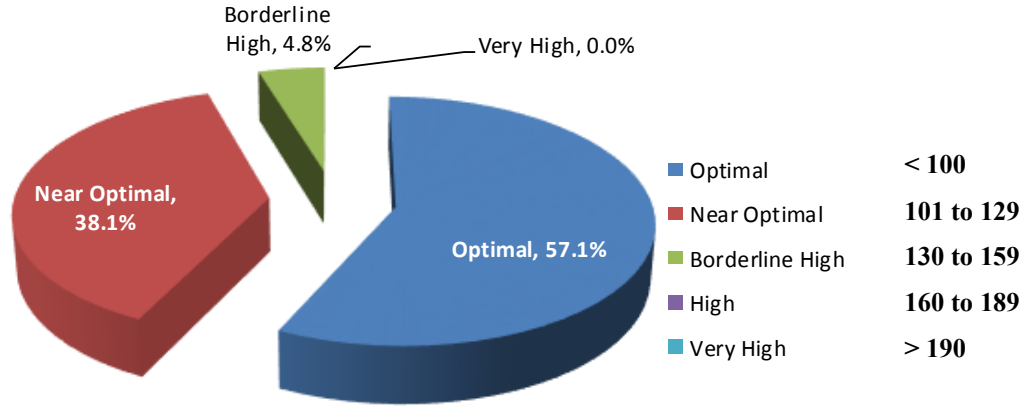
HDL - The “**Good**” Cholesterol is composed of high density lipoproteins.



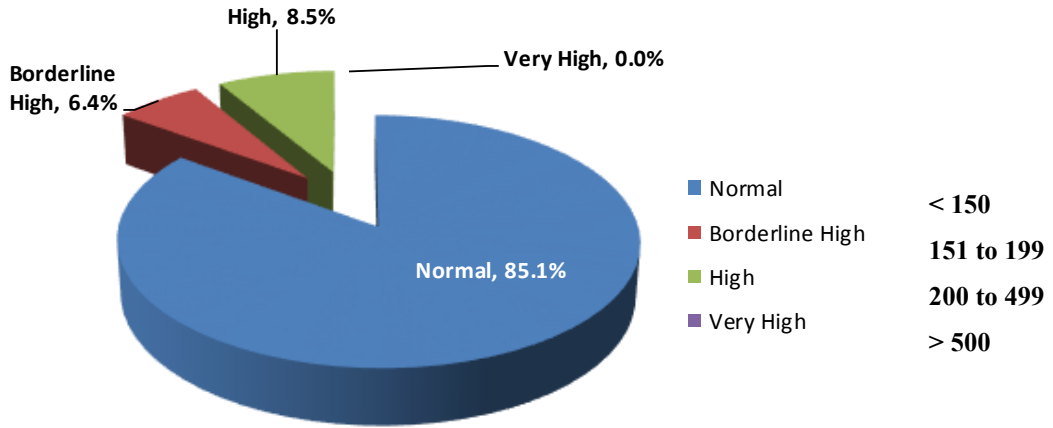
HDL / Cholesterol Ratio Distribution - Helpful in predicting an individual’s risk of developing atherosclerosis.



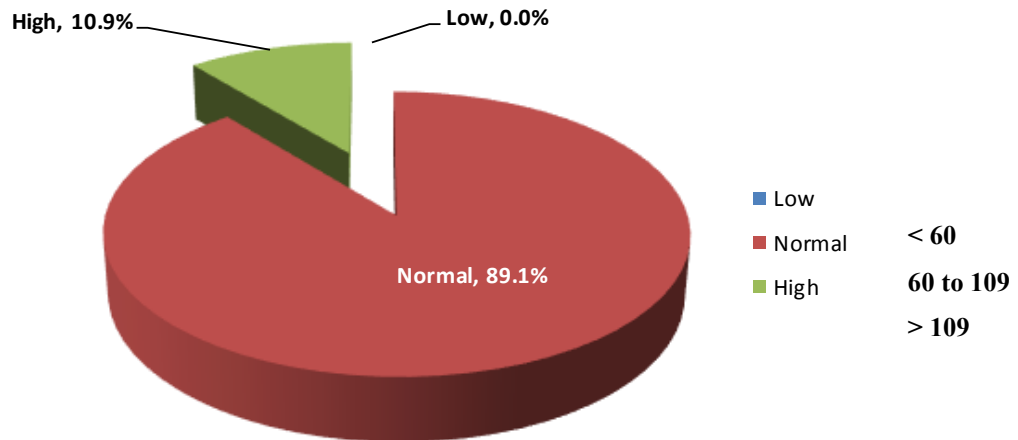
LDL- The "**Bad**" Cholesterol is composed of low density lipoproteins.



Triglycerides – A fatty substance in the blood either stored as fat or burned as energy.



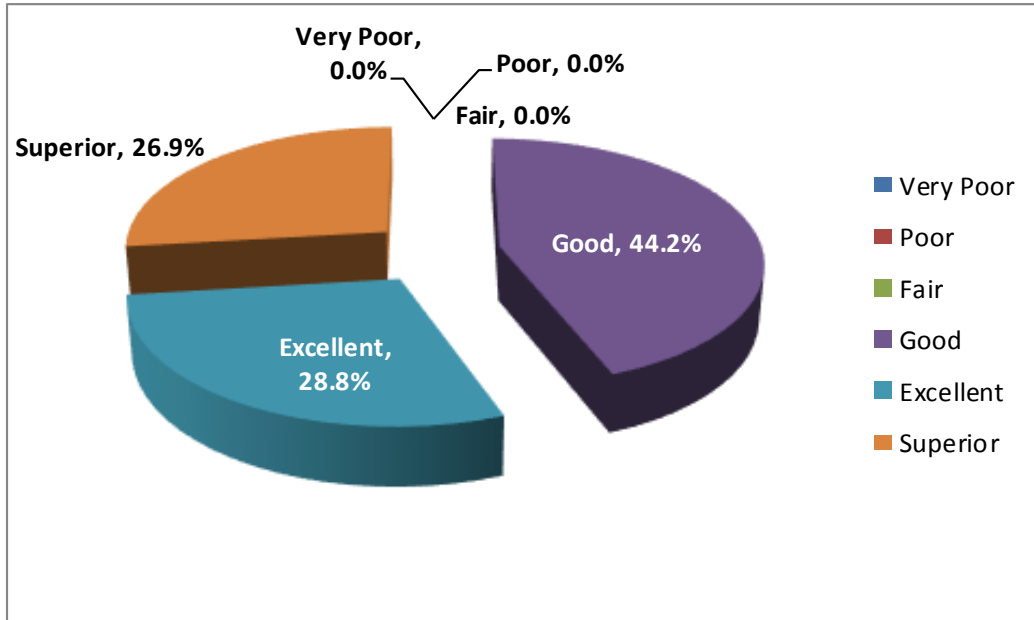
Glucose – Blood Sugar



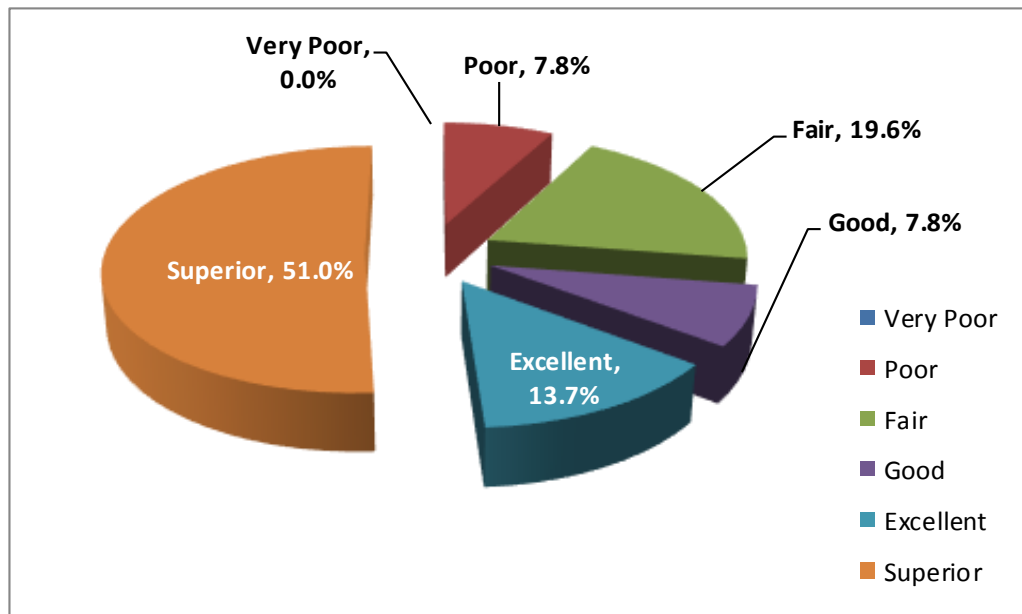
FITNESS SUMMARY



Strength Distribution - Bicep Strength Test



Flexibility Distribution - Sit and Reach Test



Body Composition – Relative proportions of body weight in terms of lean body mass and body fat. Below is the percent of body fat.



Body Composition Classification

	Male	Female
Low	< 13 %	< 19 %
Optimal	13.1 to 18 %	19.1 to 24 %
Moderate	18.1 to 23 %	24.1 to 29 %
High	23.1 to 28 %	29.1 to 34 %
Very High	> 28.1 %	> 34 %

