

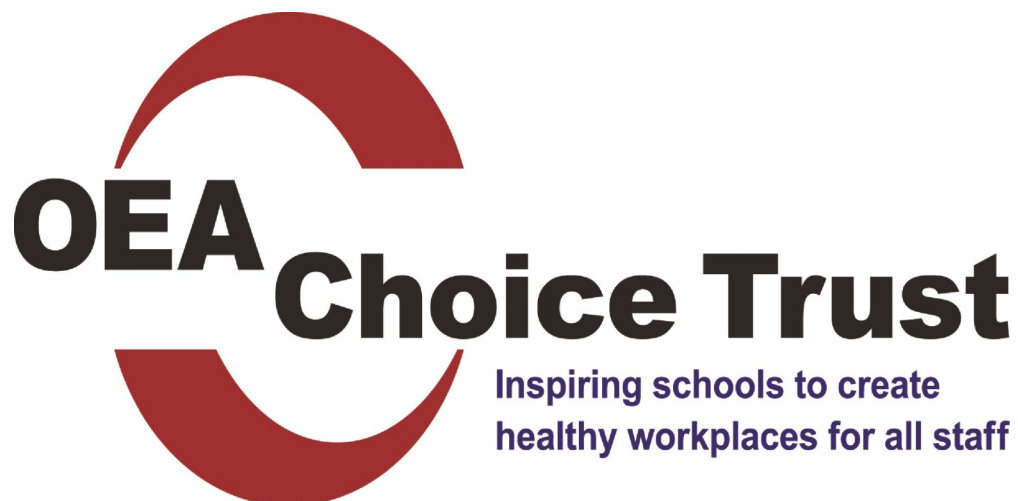


# **BodyAge Summary Report**

*Prepared For*

**Dallas School District**

October 2015, February 2016



# BodyAge Glossary

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**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

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**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.

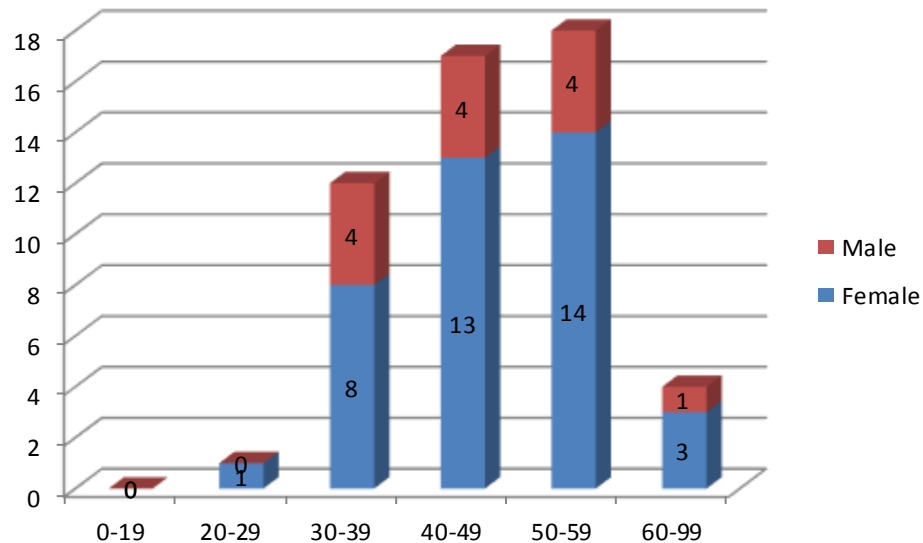
# NAME School District BodyAge Summary



## DEMOGRAPHICS SUMMARY

### Age and Gender Distribution

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



Total No. of Participants

**52**

Male %

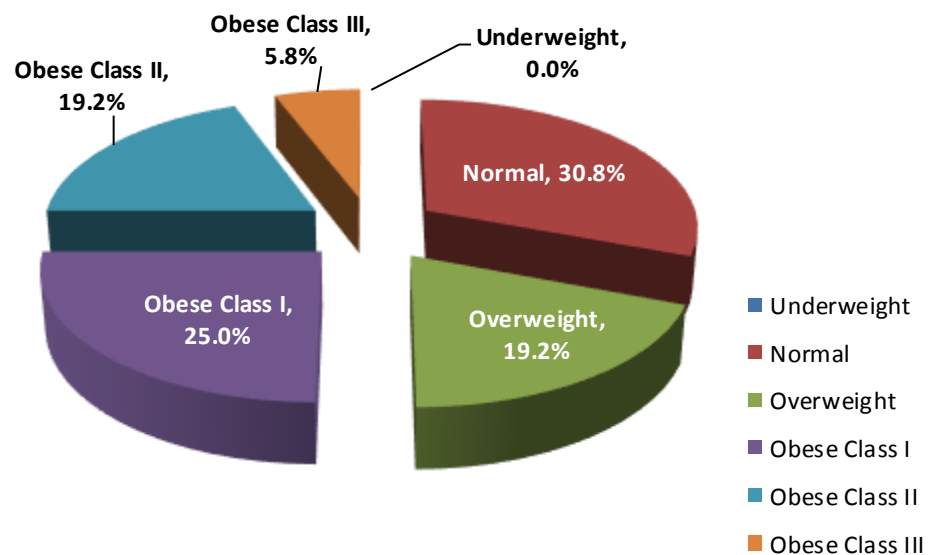
**25%**

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.



< 18.5

18.5 to 24.9

25 to 30

30.1 to 34.9

35 to 40

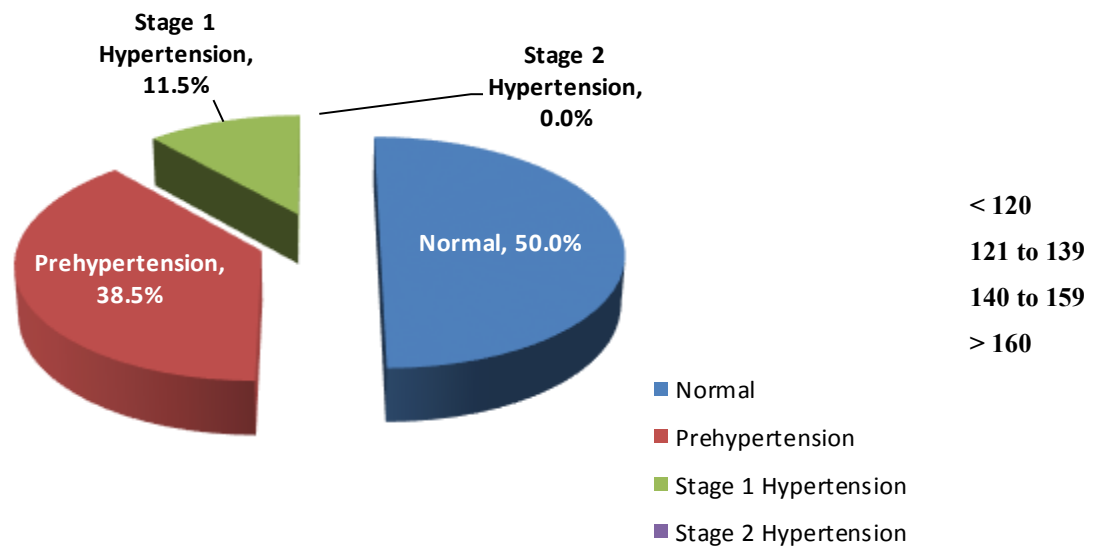
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# HEALTH RISK SUMMARY

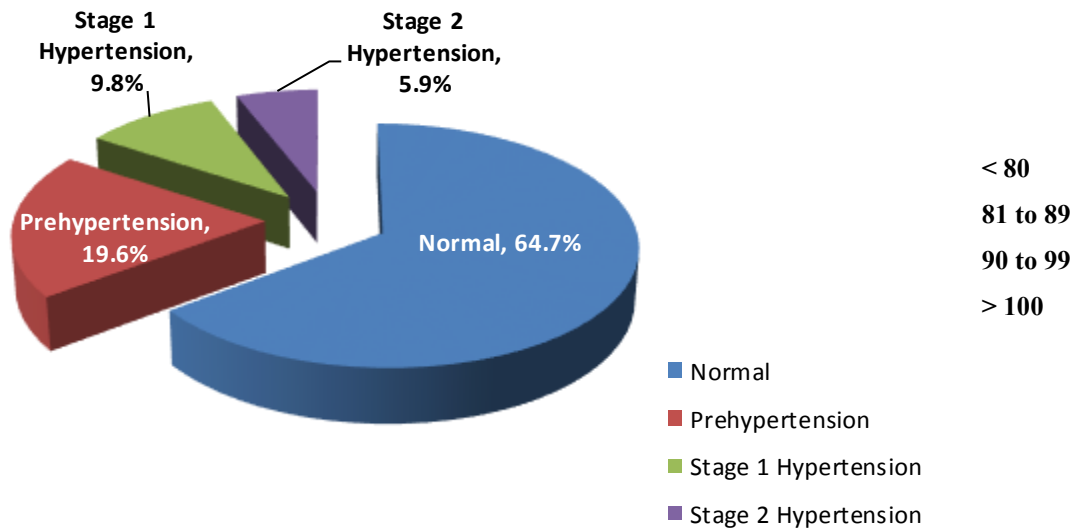


## Biometric Measurements (Blood Pressure)

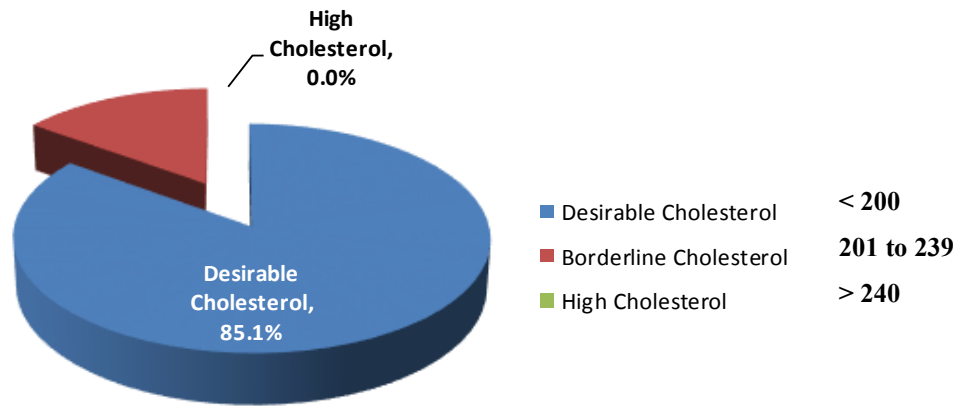
**Systolic:** Measures the force on your arteries when your heart contracts.  
(The higher number of your blood pressure measurement.)



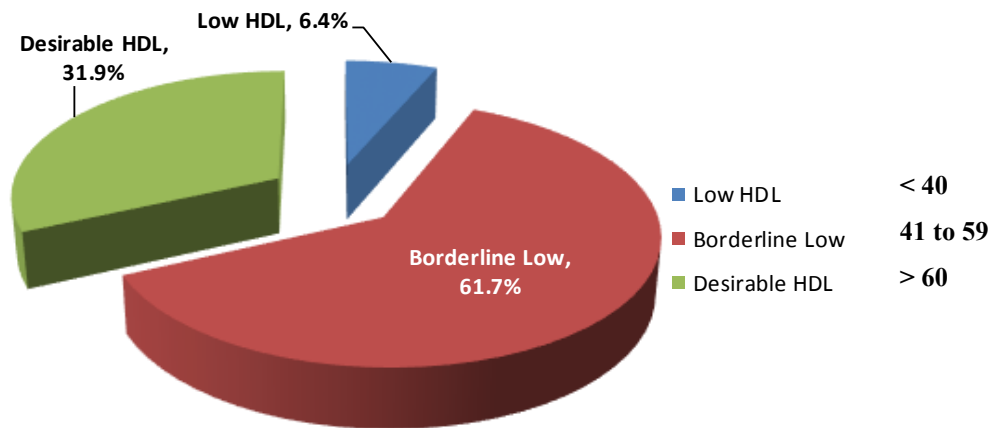
**Diastolic:** Measures the force on your arteries when the ventricles are relaxed and your heart is filling with blood.  
(The lower number of your blood pressure measurement.)



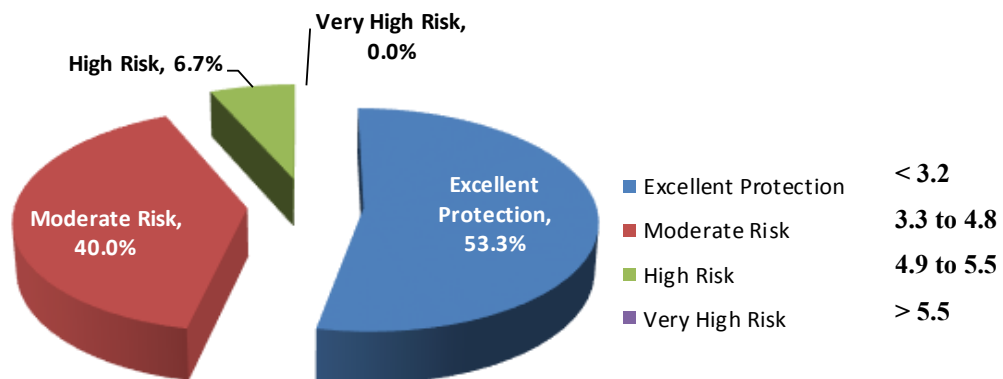
**Cholesterol** - Cholesterol is a fatty, waxy substance produced naturally by your liver.



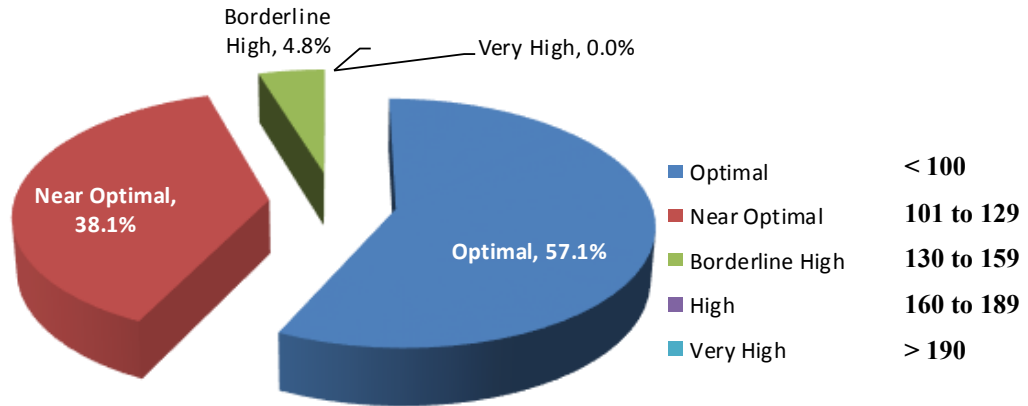
**HDL** - The "**Good**" Cholesterol is composed of high density lipoproteins.



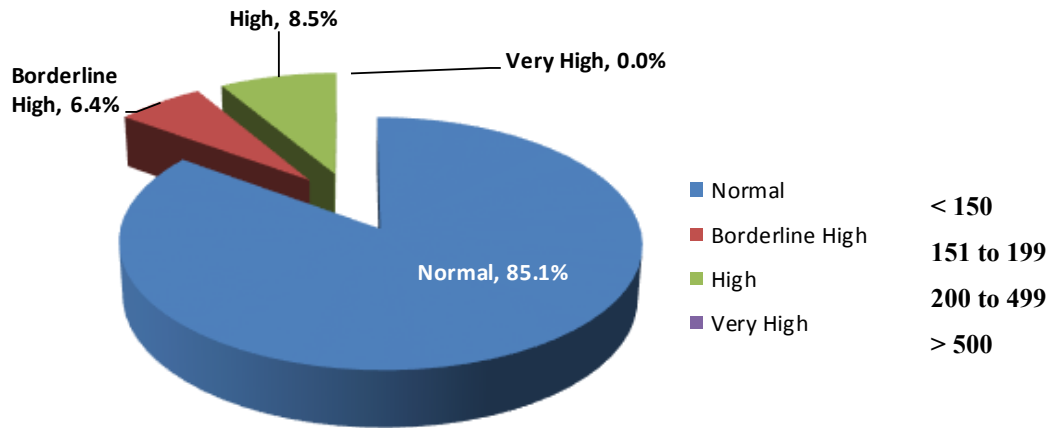
**HDL / Cholesterol Ratio Distribution** - Helpful in predicting an individual's risk of developing atherosclerosis.



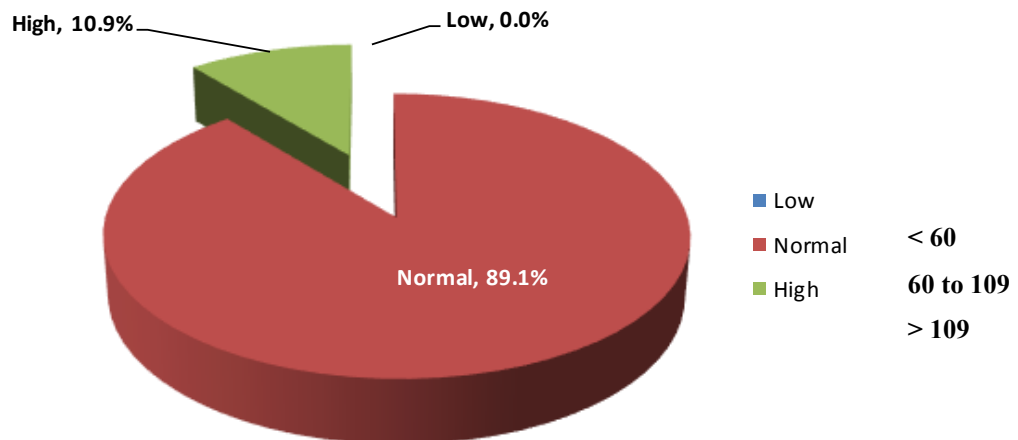
**LDL**- The "**Bad**" Cholesterol is composed of low density lipoproteins.



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

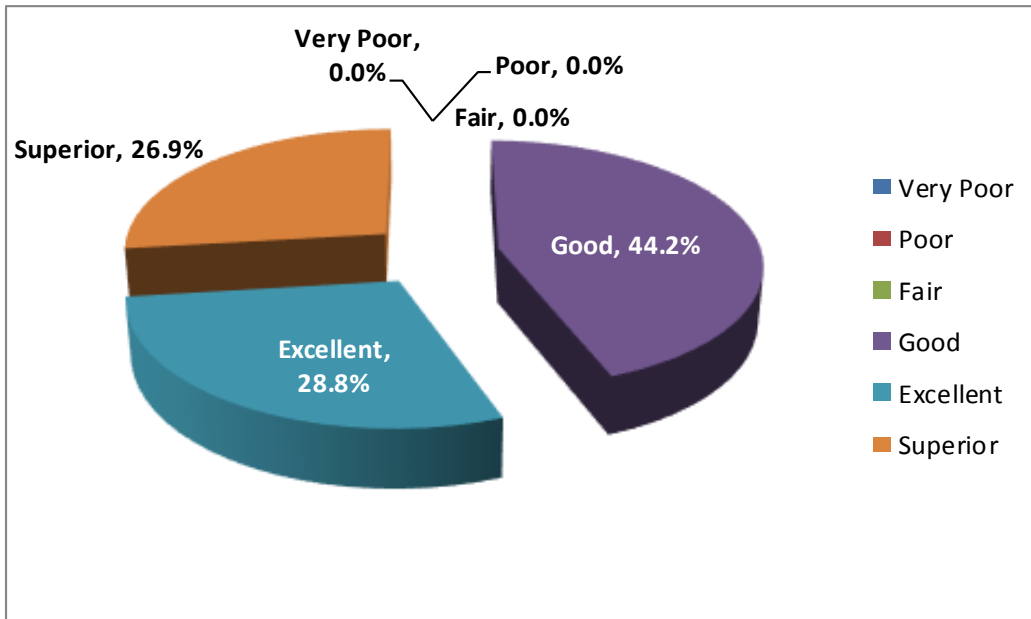


**Glucose** – Blood Sugar

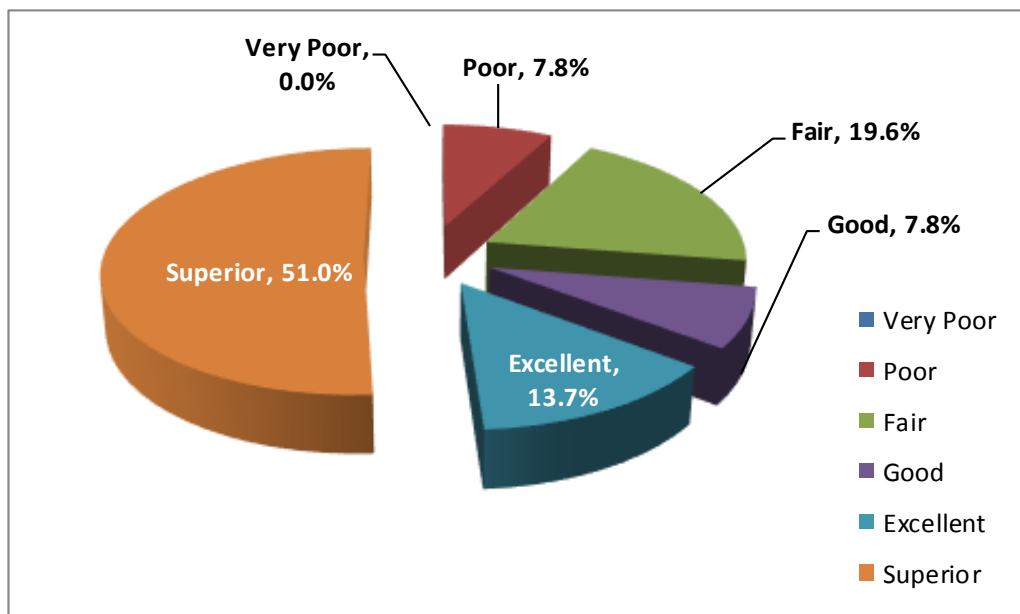


## FITNESS SUMMARY

### 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 %

