

The Program...

Our sophisticated online system provides a series of comprehensive reports that are both easy to understand and personable. CompuFit opens the door to new profit centers while enhancing your facilities position in the market. Grow your personal training business through medical wellness integration.

- INCREASE membership through creative marketing campaigns.
- EXPAND your personal training business through programs that educate and motivate.
- RETAIN clients through retesting that highlights program success.

The Assessments...

- **Physical Fitness**
- **Lifestyle Age Assessment**
- **Vascular Blood Health**
- **Body Composition**
- **Heart Disease Risk**

Physical Fitness Assessment

The CompuFit Physical Fitness Assessment is an excellent health awareness tool. Measure fitness levels, health risks and program effectiveness. Limit liability by identifying risks which may need medical attention. Re-testing provides progress visibility while increasing client motivation/program adherence.

12 fitness measurements

Test results are compared to healthy norms

Test results are numerically and graphically displayed

Recommendations for less than healthy scores

Overall fitness score

Fitness prescription

Coupon/ marketing area

Fitness Measurement	Units	Result	Healthy Range	Score	RELEV	LOW	NORMAL	ABOVE	Physical Fitness Recommendation
Systolic Blood Pressure	mmHg	100	< 120	80	OK				Decrease 4% or 5mmHg
Diastolic Blood Pressure	mmHg	60	< 80	80	OK				Decrease 1% or 3mmHg
Blood Cholesterol	mg/dl	214	< 200	43	OK				Increase 1% or 8mg/dl
Resting Heart Rate	b/min	57	< 60	87	OK				Decrease 2% or 4 bpm
Aerobic Capacity	ml/kg	33	> 35	43	OK				Decrease 8% or 4 points
Body Fat	%	25	< 20	53	OK				Increase 14% or 3mmHg
Body Mass Index	kg/m ²	21	< 21	53	OK				Decrease 2% or 0.5 kg/m ²
Upper Body Strength	kg	21	> 19	53	OK				Increase 25% or 7 reps/min
Flexibility	cm	40	> 35	53	OK				Increase 140% or 150 mm
VO2 Max Estimate	ml/min	3000	> 3500	53	OK				Increase 20% or 10 pts
OVERALL SCORE (compiled)				50					

PHYSICAL FITNESS RECOMMENDATIONS:

- 1) **STOP SMOKING IMMEDIATELY.**
- 2) **Reduce your blood pressure** by decreasing sodium intake, increasing potassium intake, and losing weight.
- 3) **Eliminate or reduce alcohol consumption.**
- 4) **Consult professionals** in development of a fitness program tailored to your needs.
- 5) **Reduce body fat by 4 percent** while maintaining a high lean to fat ratio. 1% more could add about one year to your life.
- 6) **EXERCISE:** Increase your aerobic exercise by 90 minutes per week (14 minutes on 7 days/week). Exercise increases strength, endurance, and cardiovascular fitness while decreasing body fat and your risk of stress or injury. These 6 elements of your successful exercise program are:
 - Intensity: Heart rate of 143 beats per minute (at 60% of your "max" 8 calories per minute)
 - Duration: 140 minutes at above intensity
 - Frequency: 3 to 5 workouts per week
- 7) **GOOD NUTRITION:**
 - a. Eat a nutritious breakfast daily.
 - b. Consume 3 more servings of vegetables daily.
 - c. Add 2 additional servings of fresh fruits daily.
 - d. Consume less processed foods, less sugar and salt.
 - e. Eat more lean meats, fish and whole grains.
 - f. Consume 8 additional 8 ounce glasses of fresh water daily. Water aids in weight loss, digestion, and mental alertness.

You should carry a bottle of water wherever you go.

COUPON: 50¢ OFF 6" SUB OR 1.00 OFF A FOOTLONG SUB. Good at participating SUBWAY® Restaurants. Excludes other offers and taxes. See store for details.

www.compuFit.net

The Advantages...

Our *online* system has numerous advantages over older software driven competitors:

- Real value - Monthly subscription provides unlimited website access
- Continuous, automatic upgrades (no software to buy or disks to scratch)
- No charge for onsite staff training
- No need to purchase bulky, expensive testing systems
- Marketing - Unlimited use of the "Lifestyle Age Assessment", specifically designed to attract new members
- Scalable testing - CompuFit.net is unmatched in it's ability to test large groups safely and efficiently
- Flexible testing protocols - You choose the testing methods which best suit your clients
- Medical wellness integration - Provide safe, onsite cholesterol and lipid panel testing at your club
- Security - You have total control over your secure online account

SUBSCRIBE NOW at www.compuFit.net
or by calling **800.9800.FIT**

how do you know where you're going...
...until you know where you are?™

