

WHAT DETERMINES YOUR BODY AGE?

Blood Pressure:

Blood pressure (BP) is the amount of force exerted by the blood on the blood vessel wall. The amount of force during contraction (systolic) and relaxation (diastolic) is measured. **High blood pressure can damage the lining of the arterial walls**, leading to arteriosclerosis, atherosclerosis, and aneurisms, which in turn may cause coronary artery disease, stroke, and heart failure. High BP can be prevented and reversed through a healthy diet and regular exercise.



Body Composition: Circumferences, skinfold calipers, and BODPOD



This measurement estimates the percentage of lean mass and fat mass that your weight consists of. **Excessive body fat is a serious health risk** and has been linked to high blood pressure, elevated blood lipids (fats and cholesterol), Type II diabetes, cardiovascular disease, respiratory dysfunction, and biomechanical problems (i.e. knee, back, hip pains).

✧ The **BodPod** one of the most advanced body composition methods in the field. You simply sit in the BodPod for approximately 2 bouts lasting about 1 minute. There is no water involved!

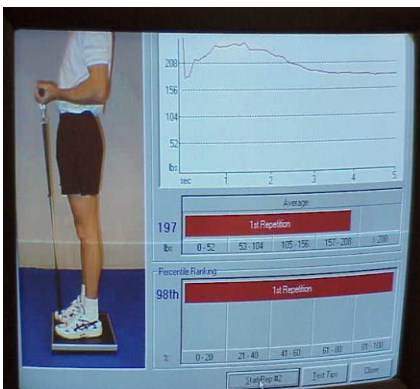


Cardiovascular Fitness: 1.5 mi run/1 mi. walk /5 min. stationary bike

Cardiovascular fitness is related to the ability to perform large muscle, dynamic, moderate-to-high intensity exercise for prolonged periods. Good CV fitness will result in improved sport performance, lower blood pressure and total cholesterol, improved respiratory and circulatory response, and enhanced utilization of fat as fuel. Low levels of CV fitness are associated with increased risk for premature death (especially from cardiovascular disease), and impaired/low-level CV functioning.



Muscular Strength and Endurance: Field assessments of abdominal and upper body strength (sit-ups and push-ups), and laboratory assessments of bicep strength and hand-grip using Polar Tri-Fit system



Muscular strength and endurance is important for all individuals, as high levels of muscular strength and endurance will **improve sport performance**, reduce lower back pain, improve **bone density (especially important for women!)**, increase lean mass, and **increase resting metabolism (i.e. burn more calories at rest!)**



Flexibility: Laboratory assessment on Polar Tri-Fit system

Flexibility is the ability of a joint to move freely through its full range of motion. Lack of flexibility can result in impaired musculoskeletal function not only in sports, but activities of daily living as well. Lack of flexibility has led to lower back pain and other injuries (hamstrings, shoulders, etc.) and can be prevented by being in good physical condition.



Physiological "BODY AGE":

Based upon ALL health and fitness conducted on the individual, the Polar Tri-Fit system will compute your BODY AGE and compare it to your chronological age; in essence, a healthy, fit 35 year old instructor can be YOUNGER than his sedentary 22 year old student!

Customized Cardiovascular, Strength, and Flexibility Program:

We can create safe, effective, and practical programs that will optimize your health and be tailored toward your fitness goals. We will also give specific recommendations on how to improve your Body Age!

Please contact Laura with any questions you may have or to schedule!

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