

MicroFit HealthWizard - Version 5.3.3

April 2008

Fitness Profile

Blood Pressure standards updated.

For adults ages 18-80+, new standards from National Heart, Lung and Blood Institute; Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure. For children and adolescents ages 5-17, new standards from Fourth Report on the Diagnosis, Evaluation and Treatment of High Blood Pressure in Children and Adolescents.

Blood Pressure special insert codes removed

The special report text insert codes found under the Systolic Blood Pressure test – BP 180/110 text and BP 160/100 text – have been removed from the insert list. The new blood pressure standards makes these codes obsolete.

Total Cholesterol and HDL Cholesterol standards updated.

Blood cholesterol standards updated to those now recommended by The National Cholesterol Education Program; U.S. Department of Health and Human Services, National Institute of Health, National Heart, Lung, and Blood Institute.

BMI standards updated for ages 5 – 19.

BMI standards for males and females ages 5-19 have been updated to those recommended by the U.S. government Centers for Disease Control.

Body Fat standards updated for ages 5 – 19.

Body fat standards for males and females ages 5-19 have been updated to those reported in Heyward, H.H. & Stolarczyk, L.M. *Applied Body Composition Assessment*. (1996).

Aerobic Fitness standards updated for ages 5 – 19.

Aerobic Fitness standards for males and females ages 5-19 have been updated to those reported in the Canadian Standardized Test of Fitness and using recommendations found in Blair, S.N., et al. Physical Fitness and All-Cause Mortality. JAMA, Vol 262, No. 17.

Curl-Ups: Cadence standards updated for ages 5 – 19.

Curl-Ups: Cadence standards for males and females ages 5-19 have been updated to those reported in the Canadian Standardized Test of Fitness.

Sit and Reach: Back-Saver standards updated for ages 5 – 19.

Sit and Reach: Back-Saver standards for males and females ages 5-19 have been updated to those reported in the President's Council on Physical Fitness and Sports, Health Fitness Award.

PACER youth fitness test removed

PACER is a registered mark of Cooper Institute and the standards for youth ages 6-19 are also the property of Cooper Institute. MicroFit does not have permission to use them.

Pull-Ups: Modified youth fitness test removed

The Pull-Ups: Modified standards for youth ages 6-19 are the property of Cooper Institute and MicroFit does not have permission to use them.

Trunk Lift youth fitness test removed

The Trunk Lift standards for youth ages 6-19 are the property of Cooper Institute and MicroFit does not have permission to use them.

CTI Battery Low Message

Improved the CTI low battery message to make it more user friendly.

Biceps Strength Calibration: changed max calibration number to 13

Changed maximum biceps strength calibration number from 12 to 13 to eliminate error messages with some new scales. This change still allows for a maximum biceps strength score of 250lbs.

General

Trial version shows example custom report header.

All reports printed from the trial version of HealthWizard include an example of the custom report header feature. Using this feature, you can have your company's graphical logo printed at the top of all reports.

Allow for clients with age above 99.

HealthWizard now allows birth date entries for clients above age 99.

HealthWizard 5.3.3 Fitness Profile Bug Fixes

Bad Body Composition Report when all tests are in text only mode.

When all the tests in the client Fitness Profile report are printed in the text mode (no bar graphs in the report) and the Body Composition report is printed right after the client Fitness Profile report, the fitness test names and data were being print on the second page along with the Body Composition report. It looks like two reports are printed one page.