

# Mountain View City Safety Personnel

## **2016 Fitness Assessment Summary**

Report Date: June 10, 2016

Prepared By

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## 2016 Fitness Assessment Summary

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**Report Date: Jun 10, 2016**

### **Report Overview**

The following report shows the distribution of health and fitness scores for a group of people who match the group definition shown below. The total number of people in the group is displayed at the top of the report. The scores for each person are categorized according to recommended health and fitness scores for people of the same gender and age. If the total number of people shown under a test name does not match the total number of people in the group, it is because some of the people in the group did not complete the test. If a person had a complete evaluation two or more times during the test date range, the scores from their most recent evaluation are used.

### **Group Definition**

Gender: Male  
Age: 30 to 49 years  
Test Date Range: 01-May-2016 to 10-Jun-2016 Fitness Profile  
Counselor: Gomez, Andrea  
Group Contracts: Mtn. View Police  
(or)  
Group Contracts: Mtn. View Fire

## 2016 Fitness Assessment Summary

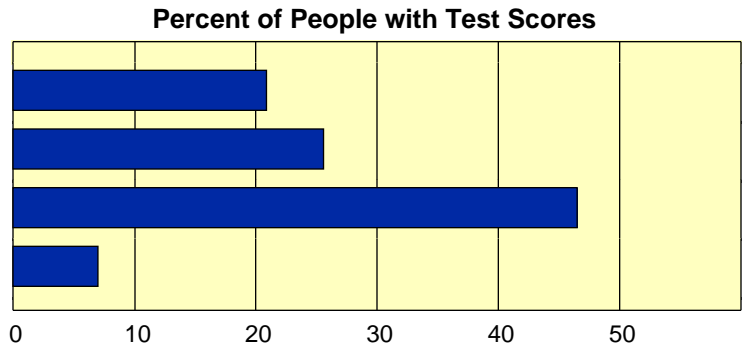
Jun 10, 2016

Average Age: 34

People in Group: 43

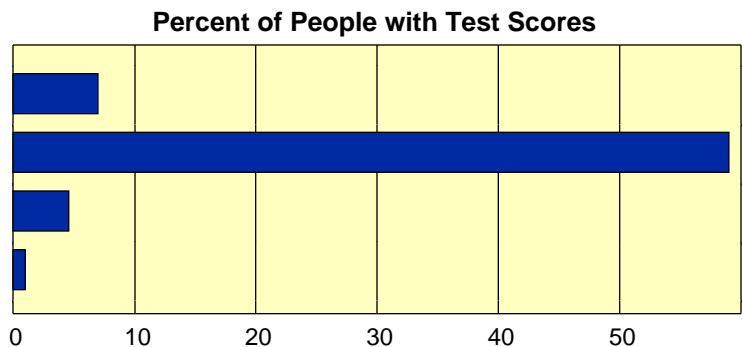
### Body Fat

	People	Percent
Excellent	9	20.9%
Fit	11	25.6%
Fair	20	46.5%
Needs Work	3	7.0%
<b>Total</b>	<b>43</b>	



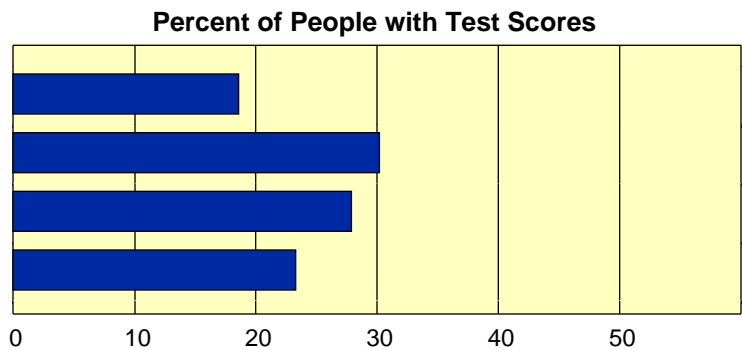
### Push-Ups

	People	Percent
Excellent	3	7.0%
Fit	38	88.4%
Fair	2	4.6%
Needs Work	0	-0.1%
<b>Total</b>	<b>43</b>	



### Back Flexibility

	People	Percent
Excellent	8	18.6%
Fit	13	30.2%
Fair	12	27.9%
Needs Work	10	23.3%
<b>Total</b>	<b>43</b>	



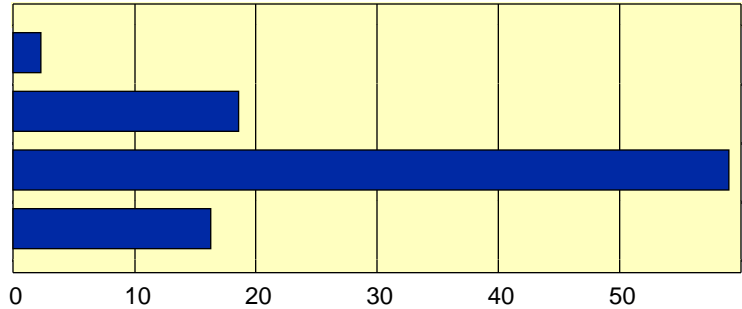


## 2016 Fitness Assessment Summary

### Systolic Blood Pressure

	People	Percent
Excellent	1	2.3%
Fit	8	18.6%
Fair	27	62.8%
Needs Work	7	16.3%
<b>Total</b>	<b>43</b>	

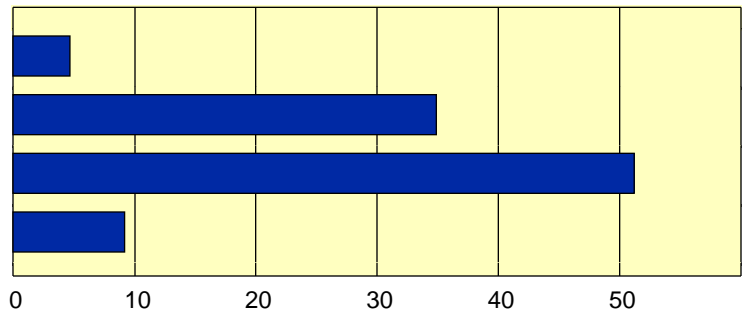
Percent of People with Test Scores



### Diastolic Blood Pressure

	People	Percent
Excellent	2	4.7%
Fit	15	34.9%
Fair	22	51.2%
Needs Work	4	9.2%
<b>Total</b>	<b>43</b>	

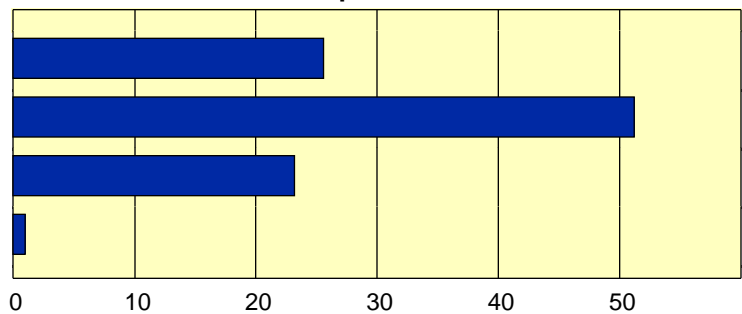
Percent of People with Test Scores



### Resting Heart Rate

	People	Percent
Excellent	11	25.6%
Fit	22	51.2%
Fair	10	23.2%
Needs Work	0	-0.1%
<b>Total</b>	<b>43</b>	

Percent of People with Test Scores

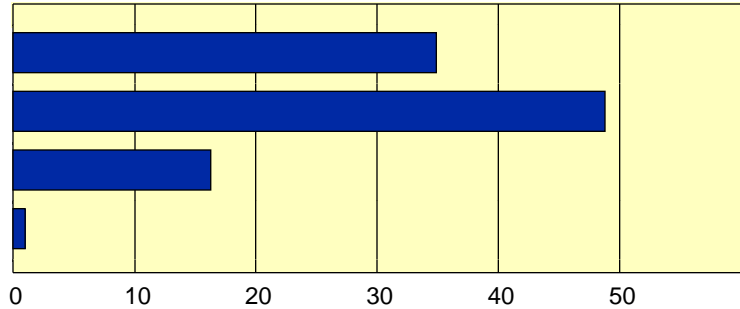


## 2016 Fitness Assessment Summary

### Aerobic Fitness

	People	Percent
Excellent	15	34.9%
Fit	21	48.8%
Fair	7	16.3%
Needs Work	0	0.0%
<b>Total</b>	<b>43</b>	

Percent of People with Test Scores



### Total Fitness Score

	People	Percent
Excellent	2	4.7%
Fit	27	62.8%
Fair	14	32.5%
Needs Work	0	-0.1%
<b>Total</b>	<b>43</b>	

Percent of People with Test Scores

