

## HealthWizard Version 5.4.2

October 23, 2013

### Major New Features

1. New Curl-Ups test.
2. Can create user-defined fitness test that has a time score (min:sec).
3. Updated Body Fat standards.
4. Updated Push-Ups standards.
5. Updated report text for aerobic fitness test.

### Fitness Profile

#### New Feature: New Curl-Ups Test.

The Curl-Ups test is based on the one found in the ACSM Guidelines for Exercise Testing and Prescription. In the new 9<sup>th</sup> edition of ACSM Guidelines, the procedure for the Curl-Ups test has been changed. The cadence is now 20 curl-ups per minute (was 25 curl-ups/min) and there is no time limit (was one minute).

When you upgrade to HealthWizard 5.4.2, you will see two (or more) Curl-Ups tests in the list of tests. Curl-Ups (max) is the new version and Curl-Ups (60 sec) is the old, outdated version. Because the procedures are so different between these two tests, it was not possible to migrate client data from the old Curl-Ups (60 sec) test to the new Curl-Ups (max) test. If you start using the new Curl-Ups (max) test you will not be able to compare client scores with the old Curl-Ups (60 sec) test scores. Note: your list of tests may also include Curl-Ups: 1 minute, Curl-Ups: Partial and Curl-Ups: Cadence. These are all youth only tests. The new Curl-Ups (max) test can be used in place of all prior Curl-Ups tests.

#### Update: Updated Body Fat standards.

The body fat standards have been slightly changed to align with the updated standards from the ACSM Guidelines for Exercise Testing and Prescription 9<sup>th</sup> edition. For males, the start of the Fair category remains 25% but the start of the Fit and Excellent categories now increase slightly with age. In the report text the 'body fat too low' level has been change to 3%. For females, the start of the Fair category has changed from 30% to 32%. The start of the Fit and Excellent categories now increase slightly with age. In the report text the 'body fat too low' level has been change to 10%. If you are updating a previous version of HealthWizard, these standards will not be automatically updated. To request the updated body fat standards, contact MicroFit Technical Support.

- Update: Updated Push-Ups standards.  
The push-up standards have been slightly changed for adults to align with the standards from ACSM Guidelines for Exercise Testing and Prescription 9<sup>th</sup> edition. For most of the adult age categories, the updated standards are somewhat lower than the previous standards. If you are updating a previous version of HealthWizard, these standards will not be automatically updated. To request the updated push-ups standards, contact MicroFit Technical Support.
- New Feature: Can now add a user defined test scored in (min:sec).  
You can now add a user defined test that has a time score of minutes and seconds. The highest possible score for the test is 59:59 (min:sec), the lowest possible score is 0:01 (min:sec). Note: if the test you are adding has a maximum score lower than 60 seconds, it is recommended you use the standard numeric format (not the min:sec format) and add the text (sec) to the test name.
- Update: New picture for user-defined test data entry form.  
The previous picture on the user-defined test data entry form was a male or female lifting a hand weight. This picture often led to confusion when the user-defined test was not related to strength. A new picture has been added that shows a male or female standing in exercise clothing. This new picture is more generic and appropriate for all types fitness tests.
- Update: Updated report text for Aerobic Fitness test.  
The aerobic fitness report text has been updated to include the exercise prescription principles of frequency, intensity and duration as outlined in the ACSM Guidelines for Exercise Testing and Prescription , 9<sup>th</sup> edition. The report text now recommends different training heart rate zones based on your client's aerobic fitness test result. If you are updating a previous version of HealthWizard, this new report text is not automatically updated. To request the updated aerobic fitness report text, contact MicroFit Technical Support.
- Bug Fix: Percent fat score rounding error in the Body Composition report.  
The percent fat score in the Body Composition Report was sometimes different by 0.1 % compared to the percent fat score displayed in the Body Fat test screen. This was due to a calculation rounding error in the report. The percent fat score saved in the database was correct and was correct in all the Fitness Profile Reports. This was only a problem in the Body Composition Report.
- Bug Fix: Possible wrong body fat calculation when edit prior test scores.  
If you used Edit > Client > Fitness Profile Test Scores and re-calculated the Body Fat score by changing a skinfold value, the program was incorrectly re-calculating the new percent body fat score based on the client's current age instead of the client's age at the time of the test session. It was not a large error. If you edited a body fat score that was calculated 5 years ago, the percent fat score would be off by approximately 1-2 %.

- Bug Fix: Possible wrong aerobic fitness calculation when edit prior test scores.  
If you used Edit > Client > Fitness Profile Test Scores and re-calculated the aerobic fitness score by changing work load or heart rate data, the program was incorrectly re-calculating the new aerobic fitness score based on the client's current age instead of the client's age at the time of test session. It was not a large error. If you edited an aerobic fitness score that was calculated 5 years ago, the aerobic fitness score would be off by approximately 3-4 %.
- Bug Fix: Wrong client sample number ( n = ) in Group Reports  
In the Group, Comparison and Trend group reports, the client sample number ( n = ) found at the bottom of the report in the 'text only' portion was sometimes incorrect. Note: the calculated average data score was correct, it was just the client sample number that was incorrect.
- Bug Fix: Bad screen graphics in aerobic fitness test.  
This bug seen in HealthWizard version 5.4.1 only. If you click the Start button that launches the test graph screen with the mouse (instead of the Enter key), the graph screen still shows some images from the previous screen page (are not completely erased) which covers some images on the current screen page.
- Bug Fix: 'Use weight to calibrate weight scale' checkbox not enabled.  
In Utilities > Configure System, if 'The FAS-2 is connected to the computer.' is checked, the Body Weight Scale is checked and the Biceps Strength Scale is not checked, the 'Use weight to calibrate weight scale.' checkbox on the Fitness Profile tab is not enabled (you cannot check it).