

## POWER STANDARD 4: I Am Fit

## FITNESS PROFILE

Name: DeWayne Keyes

## Part I: Measurements

Age: 14      Height: 5'5"      Weight: 130 lb**Circumference**Arm: 13"Thigh: 18"Torso: 28"**Skinfold Measurements**Thigh: 18 mmTriceps/chest: 12 mmHips/abdomen: 20 mmSum of skinfolds: 50 mm**Heart Rate**Systolic: 110Diastolic: 80Pulse rate: 66**Body Type**

Circle your wrist circumference.

	Men	Women
Small frame	6.5 in. (16.5 cm) or less	5.5 in. (13.9 cm) or less
Medium frame	<u>6.75-7.25 in. (17.1-18.4 cm)</u>	5.75 in. (14.6 cm)
Large frame	7.5 in. (19.1 cm) or more	6 in. (15.2 cm) or more

## Part II: Personal History

Please share if there is a history in your family of heart disease, high blood pressure, high cholesterol, diabetes, cancer, obesity, and so on.

*My father has type 2 diabetes and high blood pressure. My mom is very healthy and active. My grandpa died from colon cancer. My father's side of the family tends to have high cholesterol.*

## Part III: Fitness Questionnaire

What exercises do you perform on a consistent routine (at least three times a week)?

*I run five times a week and average about 30 miles a week. I also swim at least once a week and I go to yoga classes at our health club twice a week.*

What is your personal fitness level?

*I would consider myself fit. I have met minimal health standards on all of our fitness tests.*

What are the positive benefits you get out of exercising?

*I love the feeling I get when I have completed my workout. I notice I can maintain my weight. I also enjoy working out with others so it's fun to do with my best friends.*

What problems or complications do you have when exercising—why might you not like exercising?

*I sometimes get sore and my lower back is tight. During soccer season, I am really sore and it is difficult to move the next day. Also I find it hard to work out when I get sick.*

What motivates you to exercise?

*Music, friends, good fitness leaders, and weather all motivate me to exercise.*