

Nathan Millikan

Fitness project

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## **DEMOGRAPHICS**

Patient is a 1.87m tall, 407kg male. He is a 21 year old college student. He is also Caucasian, and is currently sporadically active (no set schedule) with his exercise. He has no family history of certain diseases that he is aware of and no history of his own medical issues. He is not currently taking any medications. Finally this patient drinks alcohol and has a healthy amount of body fat, 14%.

## **FITNESS/HEALTH GOALS**

Patient is very eager to begin an exercise program and sounds willing to stick with it. He is willing to devote 60 mins/day 3x a week to exercising to reach his target weight of 200 lbs. Patient has no specific goals and just wants a general fitness increase.

## **FINDINGS/RECOMMENDATIONS**

Findings: My client today came in for a general fitness test. I began by taking his height (1.87m) and weight (407kg). Next I obtained the patient's waist to hip ratio (WHR). The patient measured at 84/98 (.86) and is at moderate risk for health related issues. For just the waist circumference my patient was an 87 and at a low risk criteria. I also measured skinfold and got the measurements for his chest (11 mm), abdomen (15 mm), and thigh (23 mm). The client is classified in good health with 13.9% of body fat. Upon completing that I took my client to the track and measured his walking mile time. 11 mins and 2 secs later he crossed the finish line and in the 90<sup>th</sup> percentile. He finished with a heart rate of 120 bpm. Finally my client performed the stork-stand balance test, curl up test, and push up test. My client performed the stork test for 22 seconds and was in the fair category. For the curl up test he performed 24 and qualified

for the average category. And for the push up test my client performed 23 for the good category. To wrap up, I did a postural assessment on my client and observed his posture from the anterior, posterior, and sagittal plane. From the frontal view he was all normal except for his right shoulder was slightly lower than the left. From the posterior view you can see his difference in shoulder height again. Finally his sagittal view was all normal except for his shoulders were rounded forward in protraction.

Recommendations: Based on these findings, I would recommend a strength training program 3 days a week for at least 60 min each of those days. Because he is in overall good health relative to the average population, I recommend he exercise with moderate to high intensity. I also recommend he target upper body muscle groups and lower body muscle groups in 2 of the 3 days each. I also recommend that my client run for cardiovascular endurance on days he doesn't work out his leg muscles. At the beginning of my clients training program, I recommend my client use low weight and high reps (3 sets x 12 reps) to train muscle groups. Every week my client should decrease reps by 2, while still maintaining 3 sets and increasing weight as the reps decrease. After each training session my client should spend time to stretch out the muscles worked during that day's work out. Static stretching for 2 x 30 seconds is recommended on these days. On off days patient is recommended to stretch major muscle groups for optimal increase in flexibility. Due to the increase in energy expenditure, I recommend my client eat more of what he is eating. Client needs to also increase his water intake throughout the day and post workout. My client does a good job of getting food from all the food groups, but he just needs to get more of them. He doesn't regularly meet the requirement of all the groups, especially the fruits and vegetables section.