THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON, DC

FITGut Lab

FINAL REPORT
BODY COMPOSITION AND FITNESS LEVEL

bhjknml

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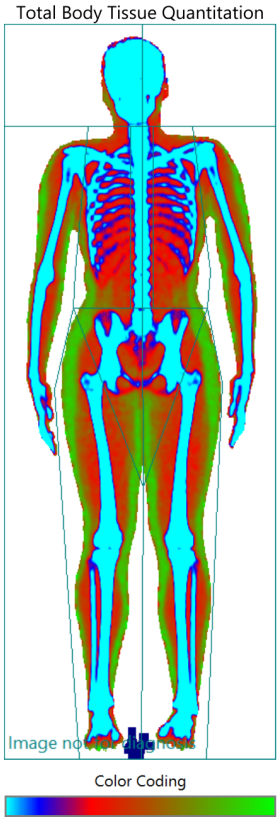


Below is a breakdown of your total body weight, fat mass, free-fat mass, and total fat percentage. Under the Fitness report, you will find information for your true working zones calculated from the fitness test. Below is a breakdown of your total body weight, fat mass, free-fat mass, and total fat percentage. Under the Fitness report, you will find information for your true working zones calculated from the fitness test.

Body Composition

Total Body Weight	Fat Mass	Fat Free Mass	Total fat %
159.2 lbs	46.4 lbs	106.3 lbs	29.1%

VO_2max and handgrip strength are key indicators of overall fitness, assessing different aspects of physical capacity. VO_2max measures the maximum amount of oxygen your body can utilize during intense exercise, reflecting cardiovascular and aerobic fitness. A higher VO_2max indicates better endurance and efficiency in oxygen delivery. Handgrip strength, on the other hand, evaluates muscular strength and is linked to overall muscle function, mobility, and even long-term health outcomes. Together, these measurements provide a comprehensive view of both aerobic capacity and muscular strength, essential components of physical fitness

Cardiovascular Fitness Report

VO2 max	10.00 L/kg	Poor
Strength Report (hand-grip strength)	9 kg	Poor

Other measurements

Blood Pressure	Triglycerides	Total Cholesterol	High Density Lipoprotein (HDL-c)	Fasting Glucose	Waist
9 mmHg	9 mg/dL	9 mg/dL	9 mg/dL	9 mg/dL	9 cm

Blood Pressure: The pressure of the blood on artery walls. Lower resting blood pressure improves cardiac efficiency, reducing stroke and heart risks.
Triglycerides: A type of fat in the body that stores energy. It can rise with unhealthy diets, as well as underlying conditions.
Total Cholesterol: The sum of various types of cholesterol in the body, such as Low-Density Lipoproteins (LDL), High-Density Lipoproteins (HDL), and Very-Low-Density Lipoproteins (VLDL).
High-Density Lipoproteins: Often called the "good" type of cholesterol in the body. It removes free cholesterol from the arteries to the liver, and has an antioxidant and anti-inflammatory effect.
Fasting Glucose: The level of blood sugar after 8 hours or more of fasting. It can help assess the risk of developing or existing diabetes.
Waist Circumference: An indication of the amount of visceral fat, a type of fat stored deep in the abdominal cavity. Less visceral fat usually indicates better cardio-metabolic health.

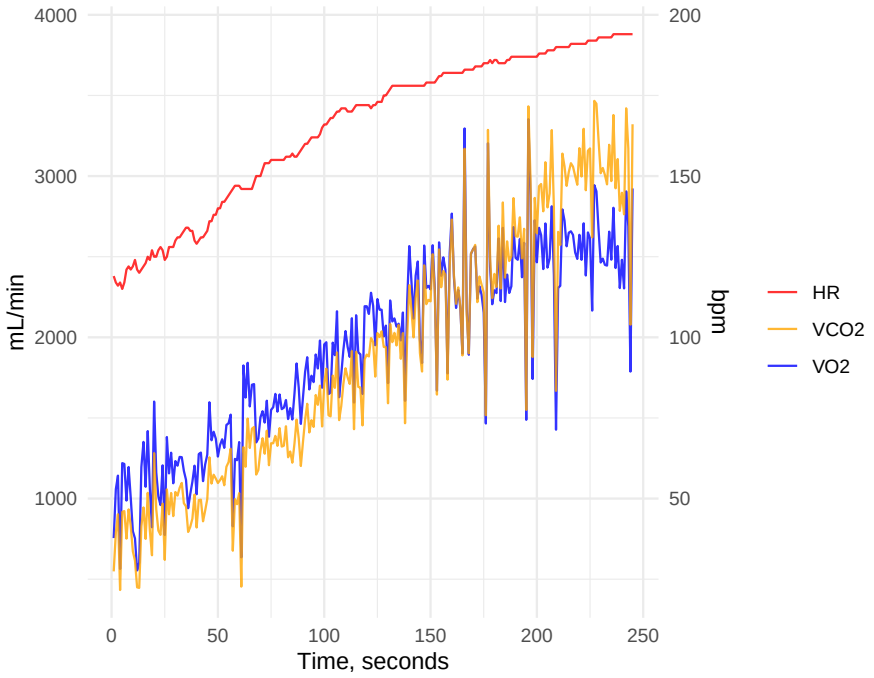
Exercise Prescription

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
Training	Active Recovery	Aerobic Endurance	Mixed	Anarobic Endurance	Maximal Capacity
HR(bpr range)	101.5 - 120	120 - 138.5	138.5 - 157	157 - 175.5	175.5 - 194

Energy Source	Fat	Fat	Mixed	Carbohydrates	Carbohydrates

Training zones can be a valuable tool for tracking your progress and optimizing your overall health. By understanding and utilizing these zones, you can tailor your workouts to improve endurance, strength, and cardiovascular fitness while minimizing the risk of overtraining. Monitoring your heart rate within specific zones ensures that you are training efficiently, making each session more effective in supporting long-term health and performance goals.
Zone 1: The body is burning primarily fat to supply energy. Examples can include walking, gentle cycling, and stretching.
Zone 2: In this zone, your body is still primarily using fat to produce energy. However this will feel slightly intense. Training in this zone decreases insulin resistance and increase the body's ability to transport oxygen to the muscles.
Zone 3: In zone 3, the body starts using carbohydrates for energy, this makes it less optimal for weight loss, and more for athletic improvement.
Zone 4: Most of the energy is now coming from carbohydrates. Training in this zone increases your VO2 max, and improves speed.
Zone 5: This zone can only be sustained for a short amount of time. Training in this zone increases your top speed, VO2, and anaerobic performance.

VO_2max Plot



This is your VO_2max graph. This shows three components: **Blue line:** VO_2 your oxygen consumption rate during cycling. **Orange line:** Carbon dioxide production rate (mL/min). **Red line:** Heart rate in bpm Your ulineoxygen consumption plateaus closer to the end, indicating that you are reaching your VO_2max which indicates your maximum rate of oxygen consumption. This reflects your cardiorespiratory fitness, and it is considered healthier if your VO_2max is higher.