```
/* **********************************
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this program demonstrates how the use of
IF statements can be used to calculate a
persons body age.
********************************** */

import java.util.Scanner; // import the Scanner library for I/O

class Short3
{

    public static void main (String[] p)
    {
    int age = actualage();
    int newage = heartcalc(age);
    stretchcalc(newage);
    System.exit(0);
    }


    /* ******************************************************
    the method actualage asks the user what their age is using
    Scanner to input then returns this variable value for age.
    ****************************************************** */

    public static int actualage()
    {
     Scanner scanner = new Scanner(System.in);
     System.out.println("What is your age?");
     int age = Integer.parseInt(scanner.nextLine());
     return age;
    }

    /*
**************************************************************************************************************
*******
    the method heartcalc asks the user what their heart rate is and uses Scanner to allow the
user to input their value, it
    then uses If statements to work out the modification of the body age and returns the variable
newage.

**************************************************************************************************************
******* */
```

```java
    public static int heartcalc(int age)
    {
     Scanner scanner = new Scanner(System.in);
     int newage;
     System.out.println("What is your Heart rate?");
     int heart = Integer.parseInt(scanner.nextLine());

     if (heart < 60)
     {
      newage = age - 4;
     }
     else if (heart >= 60 && heart <= 64)
     {
      newage = age - 2;
     }
     else if (heart >= 65 && heart <= 72)
     {
      newage = age + 1;
     }
     else
     {
      newage = age + 2;
     }

     return newage;
    }

    /*
****************************************************************************************************
*******
    the method stretchcalc asks the user what their stretch is and uses Scanner to allow the
user to input their value, it
    then uses If statements to work out the modification of the body age and prints out the final
value for body age.

****************************************************************************************************
******* */

    public static void stretchcalc(int newage)
    {
     Scanner scanner = new Scanner(System.in);
     int newerage;
     System.out.println("What is your stretch?");
```

```java
        int stretch = Integer.parseInt(scanner.nextLine());

        if (stretch < 25)
        {
         newerage = newage + 3;
        }
        else if (stretch >= 25 && stretch <= 36)
        {
         newerage = newage + 2;
        }
        else if (stretch == 37)
        {
         newerage = newage;
        }
        else if (stretch >= 38 && stretch <= 40)
        {
         newerage = newage - 2;
        }
        else
        {
         newerage = newage - 3;
        }
        System.out.println("your body age is " + newerage);

        return;
        }


}
```