



If it's important to you,
you'll find a way.
If not, you'll find an excuse.

Personal report for: Raf Demo



Info SportMed Coach:
Michel Sneyers
tel.: +0475680079
@: michel@sportmed.be

Test location:
STP Brasschaat
Sionkloosterlaan 51
2930 Brasschaat

www.sportmedonline.com



Dear Raf,

Thank you very much and congratulations for your decision to participate in a SportMed for VITALITY program. We assume that you participate because you attach importance to a healthy(er) and/or (more) active lifestyle and that you want to give sports/exercise under supervision a place in it. Every SportMed coaching programme starts with an exercise/stress test.

On 1/12/2016 you have taken a SportMed - IANT test according to the method of a Cycle ergometer test with supervision. Based on the test information, your SportMed Cardio-trainer has then created your personalised FITT for VITALITY – All round fit program. The results of this exercise test and your personal program can be found later in this report. We start this report with a brief explanation of SportMed itself.

SPORTMED PROGRAMS AND COACHING

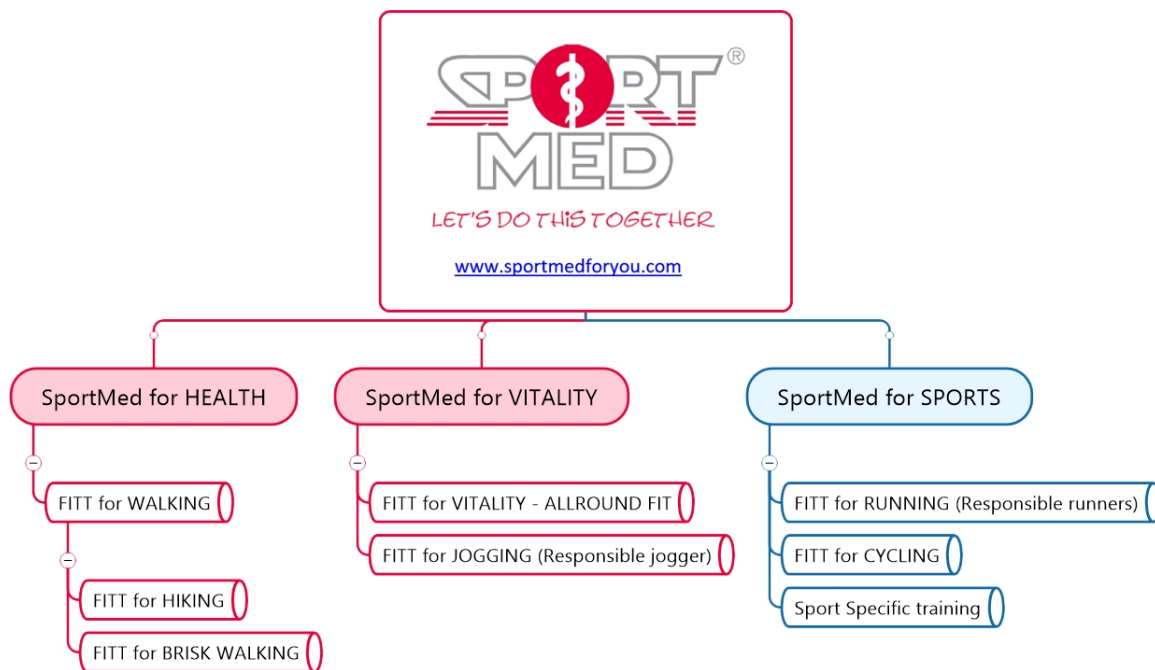
Introduction: The SportMed mission statement

Our affluent society is characterized by a physically passive lifestyle, resulting in an increasing number of welfare diseases. But good news. We see a growing awareness and the will to change this. With tailormade physical coaching, SportMed wants to help people to find a suitable strategy for achieving a (more) active lifestyle and to keep moving for a long time in the most pleasant, efficient, and responsible way possible. This undeniably contributes to a society in which people have better health, which can significantly reduce the costs of health/disease care.

SportMed envisions a future with exercise-conscious, physically active people who enjoy a better quality of life and a higher level of well-being.

The SportMed programs

SportMed offers programs at three levels:



Also visit our website: www.sportmedforyou.com

The focus of SportMed is mainly on the group of (starting) 'health athletes', who want to integrate sports into their agenda under the motto:

"My goal is not to be better than anyone else,
but to get better than I used to be."

Wayne W. Dyer

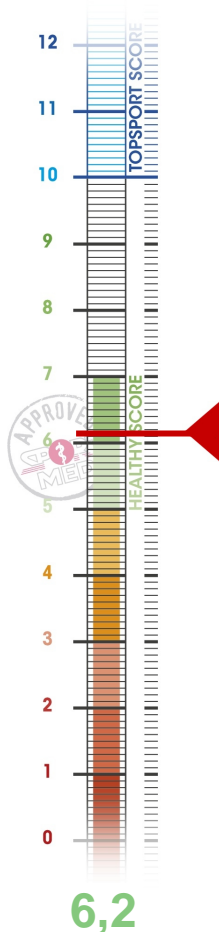
SPORTMED CARDIO REPORT

RESULTS: VISUAL REPRESENTATION

The results of the physical effort test which you took on 1/12/2016 give a good indication of the current status of your endurance capacity. Because images say so much more than bare figures, we also use a number of visual representations in the form of the SportMed Cardio Health Barometer, the SportMed Energy Level and the SportMed Cardio Score. We hope that this supplement will help you create the correct image of your current endurance capacity at the time of the measurement and what this means for you personally. Please read the below information carefully and draw strength from the quote at the bottom of this page!



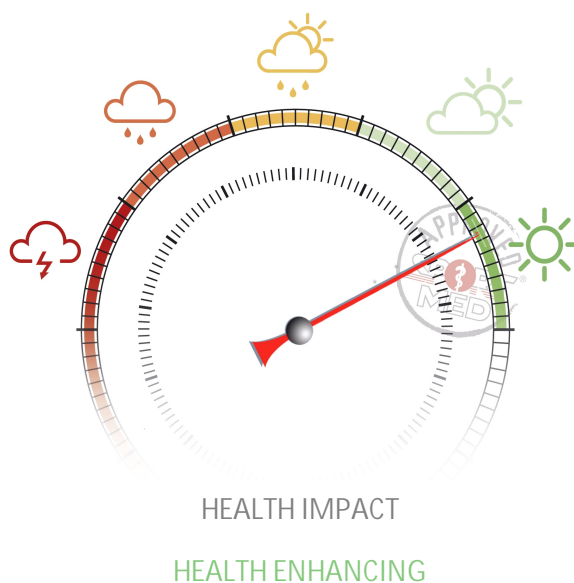
PERFORMANCE SCORE



ENDURANCE
CAPACITY
VERY GOOD



CARDIO HEALTHBAROMETER



HEALTH IMPACT

HEALTH ENHANCING



ENERGY LEVEL



ENERGY CAPACITY

100%

Short explanation

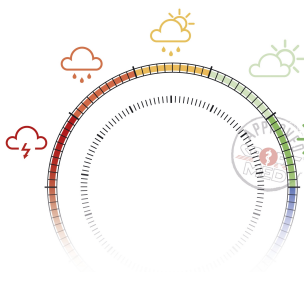
In order to correctly interpret this evaluation, it is important to mention that your endurance capacity constitutes just one of the parameters that can influence the risks of your developing health problems. It is also important to realize that a test is always a snapshot in which it is always possible that certain circumstances have influenced the test results. Your SportMed Coach will provide you with further information concerning your SportMed Health Barometer – Cardio, your SportMed Energy Level and your SportMed Cardio Score.

"When you take care of your body now,
your body will take care of you in the future."

INFORMATION CONCERNING YOUR SPORTMED HEALTH BAROMETER, ENERGY LEVEL AND CARDIO SCORE**TEST INFORMATION**

Test date: 1/12/2016
Test option: Bicycle ergometer
Test protocol: 200 m

Because imagery often leads to a better understanding than figures, we have also translated the result of your exertion test into a number of 'visuals'. Below you will find some explanations for your SportMed Health Barometer, your Energy Battery and your Cardio Score. Your coach will provide more detailed explanations.

**YOUR PERSONAL SPORTMED HEALTH BAROMETER**

Your SportMed Health Barometer shows the impact your current endurance level has on your health condition. We have good news as your SportMed Cardio Score of 6,2 made the needle of your SportMed Barometer turn to 'SUNNY' at the time of the measurement.

This allows us to illustrate that the state of your endurance capacity contributes to your health and wellbeing in an essential way. Your capacity of transporting oxygen is sufficient enough to allow your body to produce energy in order to smoothly process physical efforts and stay in balance. As a result, your body will be less susceptible to factors like stress, fatigue, Your endurance capacity therefore strengthens the foundations of your health and you have good resistance against potential illnesses. In short, thanks to a sufficiently well-developed endurance capacity, you can enjoy a higher wellbeing and quality of life.

YOUR SPORTMED ENERGY LEVEL

Your endurance has a big impact on the energy level of your body. To be able to produce energy in a comfortable (aerobic) way, your body needs oxygen. The better your endurance, the better your oxygen supply in the muscles and organs. With the visual representation of your SportMed Energy level, we want to illustrate how many percent of your potential energy capacity you currently could have (in optimal conditions - see below) available. Your body currently has optimal oxygen transport, allowing you to charge your battery for the full 100%.

Pay attention! This does not mean that you also automatically have a 'fully charged battery'. The potential is there. Whether your capacity is really 'loaded' and consequently also available depends mainly on your lifestyle (Sleep, diet, exercise pattern, stress, mental health, ...). Your battery can still be 'flat' as a matter of speech, which means that you will not be able to appeal to your potential and therefore do not have the energy and productivity that you have.

**YOUR SPORTMED CARDIO SCORE**

Your SportMed Cardio Score is a numeric interpretation of your test results. In the case of a cycling test, comparable to the one you took, this Score is awarded based upon your performance (Watts) at your Individual ANaerobic Threshold in proportion to your body weight. This is then designated as your relative physical capacity threshold, which is expressed in watt/kg. Your SportMed Cardio Score is then calculated based upon this result, bearing in mind the parameters of age and sex. In normal circumstances, your Score should be situated between 0 and 10. A score exceeding the 10 mark would imply that you belong to the world's top athletes and are probably practicing endurance sports. This is not really realistic for the average health athlete.

Your ultimate physical capacity threshold during the test amounted to 246 Watt (= your intrinsic capacity). When relating this to your body weight ((85,2 Kg), we get 2,887 Watt /Kg, which means that you arrive at a SportMed Cardio Score of 6,2. This in turn implies that you have a well-developed endurance capacity, which should in turn have a positive impact on your quality of life.

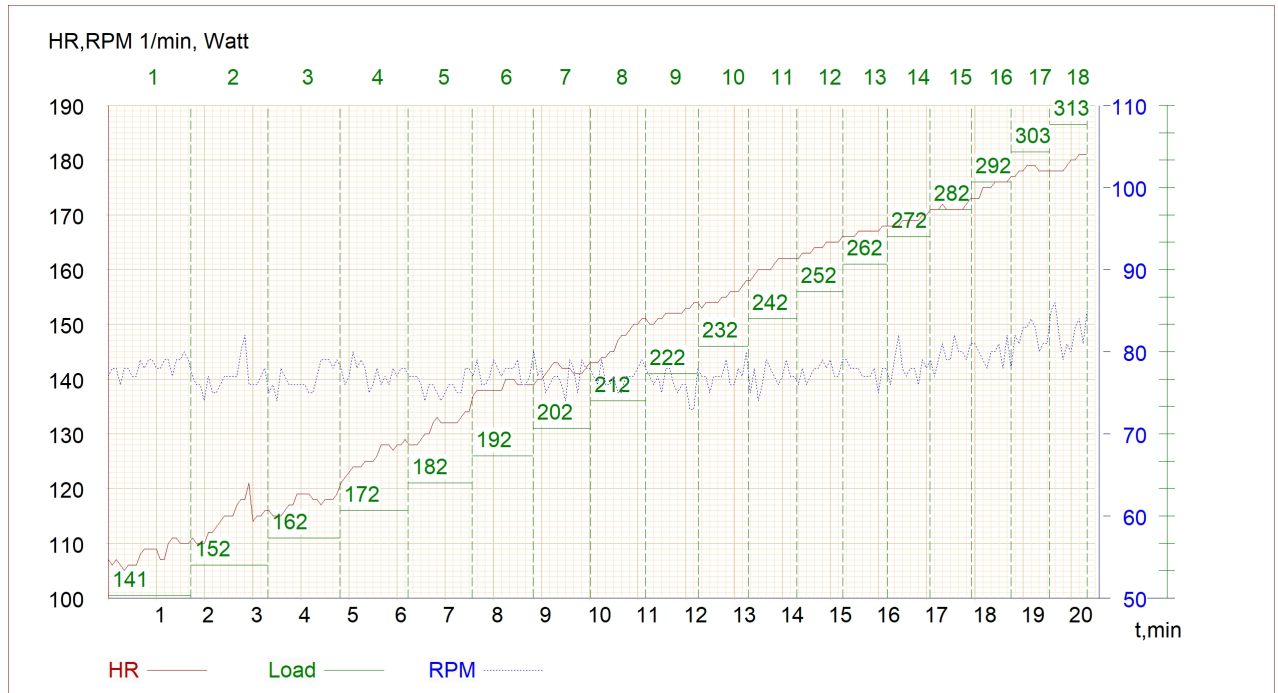
A score ranging from 5 to 8 is recommended for a health-orientated athlete (see also 'SportMed Health Barometer'). You have already got this far. Please confer with your coach to see how you should best proceed. Would you like to go one step further? Or would you like to stabilize your current score?

CHARTS PERFORMANCE TEST

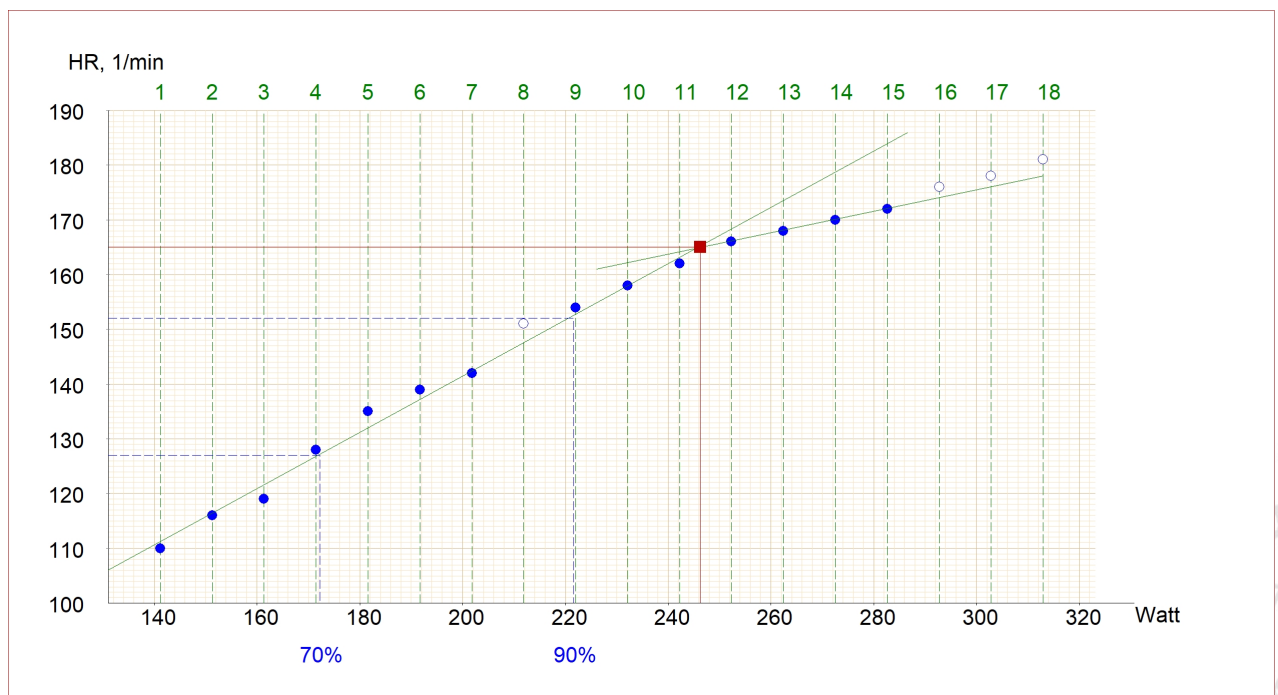
PERSONAL INFO:

Birthdate: 10/03/1976
Gender: Male
Test date: 1/12/2016

TEST VALUES - GRAPHS:



ANALYSIS CHART:



TEST VALUES

PERSONAL INFO:

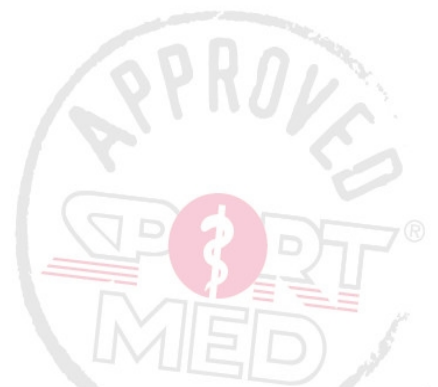
Birthday: 10/03/1976
Gender: Male

TEST INFORMATION:

Test subject:	Endurance
Test Type:	SportMed - IANT Test
Test Option:	Bicycle ergometer
Test protocol:	200 m
Test date:	1/12/2016
Age on test date:	40
Weight (kg):	85,2 Kg
Start workload test:	141 Watts
Interval increase:	10 Watt

TEST VALUES - FIGURES:

Effective duration test:	20'25"
Number of fully finished intervals:	18
Watt last fully finished interval:	313
Watt unfinished interval:	323 Watt for 0'05"
Time in unfinished interval:	0'05"
MAX HR:	181
Average RPM:	78



TEST RESULTS IN FIGURES:**Test results****Max. results:**

MAX HR:	181
Watt last fully finished interval:	313
Watt unfinished interval:	323 Watt for 0'05"
Relative max. workload:	3,674 Watt /Kg

IANT results (Threshold values):**Measured values**

IANT HR	165
IANT workload:	246 Watt
Relative IANT workload:	2,887 Watt /Kg

Calculated values

IANT-VO2:	3112,1 ml/min
Relative IANT-VO2:	36,53 ml/min/Kg

INTERESTING CALCULATIONS:

Anaerobic / Total test performance in - %:	21.4 %
IAND HF / Max HF on test in %:	91.2 %
Time in aerobic performance:	15'41"

Max WL - IANT WL (Anaerobic WL)	67 Watt
---------------------------------	---------

Specific training information for cycling and running

Cycling: Training info for different training parameters

IANT - P: 246 Watt

Training parameter	Intensity %	Workload	HR Zone
Regeneration	- 70%	- 172	- 127
Basic endurance/fatburning	70% - 80%	172 - 197	127 - 140
Endurance	80% - 90%	197 - 222	140 - 152
Tempo, resistance, strength end.	90% - 97%	222 - 239	152 - 161
Threshold training	97% - 100%	239 - 246	161 - 165

Running: Training info for different training parameters

IANT - P: Bicycle ergometer

Training parameter	Intensity % from IANT-P	Workload km/h	HR Zone
Regeneration	- 70%	- 9,5	- 137
Basic endurance/fatburning	70% - 80%	9,5 - 10,8	137 - 151
Endurance	80% - 90%	10,8 - 12,2	151 - 165
Tempo, resistance, strength end.	90% - 97%	12,2 - 13,1	165 - 175
Threshold training	97% - 100%	13,1 - 13,6	175 - 179

TRAINING PROGRAM: INTRODUCTION, OBJECTIVES AND INFORMATION

“We do not proceed as we do not know where we go to.”

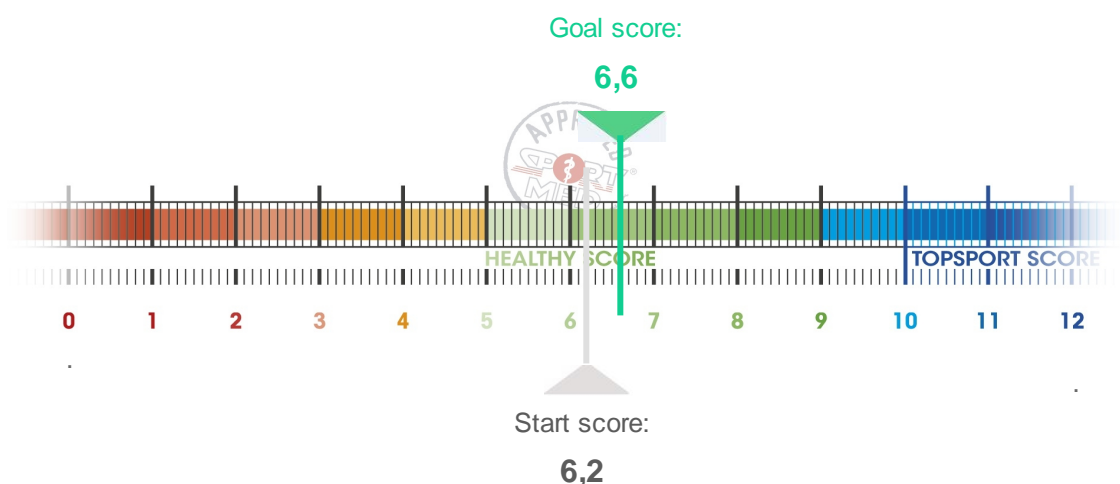
Rivanol

YOUR SPORTMED CARDIO SCORE OBJECTIVE:

An important step towards building a training program is setting a specific and realistic objective.

Setting objectives is a key element in continuing to incite your motivation. Nevertheless, choosing an objective is not always obvious. Especially when you do not nurture any specific competitive ambitions and would rather pursue a(n) (more) active lifestyle, one sometimes wonders what a reasonable objective could be. The SportMed Cardio Score provides us with a simple tool, which could help in determining your specific training objective.

The program, which was set up for you, enables you - based on the SportMed Cardio Score that you have achieved at the test on 1/12/2016 (with a score of 6,2) - to evolve towards a score situated between 6,4 and 6,8.



In your case, this target score range is the highest attainable (realistic) result if you were to finish the complete proposed program. Your personal agenda and other parameters, however, also determine if this is the maximum achievable result. Your coach will confer with you on how to go about this, on which things could potentially be changed, ...

INFORMATION ON YOUR PROGRAM:

Program name: SportMed Approved training for a(n) (more) active lifestyle
Training parameter: Endurance capacity
Training objective: Progression: SportMed Cardio Score: 6,4 - 6,8
Program start date: 8/12/2016, Week starts on Thursday
Program end date: 1/03/2017

F.I.T.T. UNITS:

Your SportMed Cardio target score constitutes a kind of final objective of the program that has been set up for you. A medium-term objective. A good program, however, also requires short-term objectives. These short-term (sub-)objectives are described in the program which was been chosen for you in form of F.I.T.T. units that need to be achieved on a weekly basis.

What are F.I.T.T. Units ?

A good program informs you about the following points, which constitute the basis of your success:

- Frequency: The number of training sessions that should to be realized on a weekly basis.

Info SportMed Coach:
Michel Sneyers
+0475680079
@: michel@sportmed.be

Test location:
STP Brasschaat
Sionkloosterlaan 51
2930 Brasschaat

SPORT
MED

www.sportmedonline.com

- Intensity: Defines what performance level you should respect. In this program, heart rate zones in relation to a particular activity will constitute the guideline.
- Time: You can calculate the time which you need to spend within a training heart rate zone. Your weekly objective – SportMed F.I.T.T. Units - in combination with the F.I.T.T. value per activity per unit time (6 min) - that depends on the activity, will give you a good idea about time needed to reach your goals.
- Type training: In this program, each training session is attuned to improving your endurance capacity. In sports terminology, this is sometimes also called 'endurance training'.

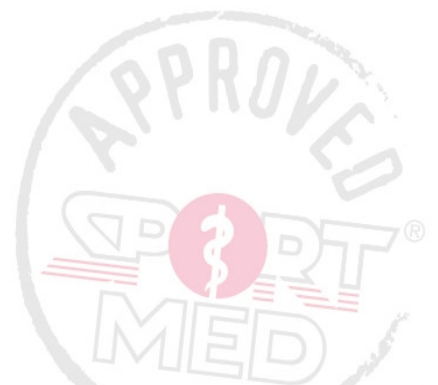
THREE CHALLENGES: PLANNING, CHOOSING YOUR ACTIVITIES AND YOUR TRAINING ENVIRONMENT

Practicing sports: where, when and how you want to. Everything is possible, nothing is compulsory. SportMed honours this principle. A large extent of freedom also entails a certain extent of responsibility, which is why you will have to find an answer to the three following questions:

- Planning: The biggest obstacle for most people. Finding (making) the time to practice sports. Not easy, but not impossible either. Perhaps the training planner in the free SportMed online app can help you with this. Ask your coach for your personal invitation code so that you can activate your personal account. You can also opt for the paid in-App that turns your smartphone into a training registration tool (in combination with a SportMed chest strap).
- Activities: You are choosing the activities that best suit you. Please bear in mind that not all activities are suitable for improving your endurance capacity. Present your preferences to your coach and confer with him/her to find out which options are most suitable for you.
- Surroundings: Finally, you also need to decide whether you wish to start training outside in the open or you prefer going to a gym or sports club or just want to hold your training sessions at home. Your personal situation will play a decisive part in determining this. A combination is certainly one of your options and is even recommendable.

You will find your personal program on the following pages. It goes without saying that you coach will assist you in word and deed.

SportMed hopes you will enjoy your training sessions!



TRAINING PROGRAM - GENERAL SCHEDULE

BASIC INFORMATION OF YOUR PROGRAM:

Program name: SportMed Approved training for a(n) (more) active lifestyle
 Training parameter: Endurance capacity
 Training objective: SportMed Cardio Score: 6,4 - 6,8
 Program start date: 8/12/2016, Week starts on Thursday
 Program end date: 1/03/2017

F.I.T.T. UNITS / WEEK:

Week	From:	Until:	Weekly target FITT-Units	Thu	Fri	Sat	Sun	Mon	Tue	Wed
1	08/12/16	14/12/16	347	121,4		52,0	104,1		69,4	
2	15/12/16	21/12/16	358	125,3		53,7	107,4		71,6	
3	22/12/16	28/12/16	372	130,2		55,8	111,6		74,4	
4	29/12/16	04/01/17	347	121,4		52,0	104,1		69,4	
5	05/01/17	11/01/17	372	130,2		55,8	111,6		74,4	
6	12/01/17	18/01/17	388	135,8		58,2	116,4		77,6	
7	19/01/17	25/01/17	388	135,8		58,2	116,4		77,6	
8	26/01/17	01/02/17	363	127,1		54,5	108,9		72,6	
9	02/02/17	08/02/17	417	145,9		62,5	125,1		83,4	
10	09/02/17	15/02/17	417	145,9		62,5	125,1		83,4	
11	16/02/17	22/02/17	458	160,3		68,7	137,4		91,6	
12	23/02/17	01/03/17	458	160,3		68,7	137,4		91,6	

F.I.T.T. TRAINING ZONES AND VALUES FOR DIFFERENT ACTIVITIES :

HR zones based on test: 1/12/2016 15:59:02 / BE / 200 m / 6,2 / HR 165

Activity	HR Zone 70% - 90%	FITT-Units / 6 mins
1. Running	137 - 165	8,3
2. Cycling	127 - 152	7,0
3. Swimming	116 - 131	6,4
4. Power/Mountain Walki	101 - 122	6,1
5. X-Country skiing	144 - 172	8,6
6. Rowing	122 - 146	7,4
7. CrossTrainer	133 - 160	8,1
8. Stair/Step	130 - 156	8,1
9. Upperbody	115 - 136	6,9
10. Recumbent cycle	117 - 140	6,5
11. Skating/inline	130 - 156	7,9
12. Nordic Walking		
13. SportMed Circle	109 - 165	9,2
14. Walk-Jog-Walk		
15. Group class	130 - 156	7,9

ADDITIONAL ADVICE:

You already have a fairly developed endurance capacity. In order to further optimize this, it is essential that you **respect an adapted intensity during your physical efforts**. This way, your heart rate will be your guide. You should train/move within the heart rate zones, which have been determined for you. **Using a HeartRateCoach (HRC)** or another heart rate monitor will help you to exercise as efficiently as possible during your training efforts. In addition, you should endeavour to respect the prescribed 'training blocks' as much as possible. This means that you should focus on movement units of more than 20 minutes non-stop.

A **warm-up of at least five minutes** is highly recommended.

You should choose from the activities that are listed hereafter as these allow you to easily control your intensity. Nevertheless, any form of body movement will help you to optimize your condition and health. The challenge mainly consists of maintaining a (more) active lifestyle. If you plan to do a cycling test next time, you should ideally endeavour to achieve **no less than 35% of your F.I.T.T. units through cycling**.

Should you have any further questions, please do not hesitate to consult your coach.

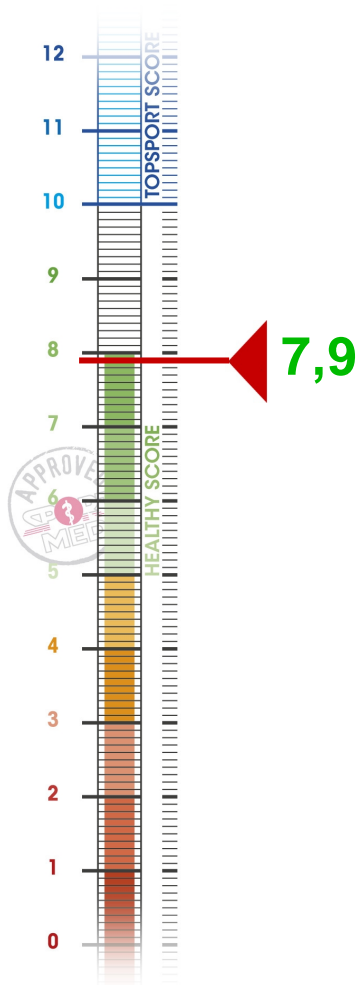


YOUR SPORTMED BODY SCORE AND BAROMETER

On 1/12/2016, your body composition was determined by means of a number of measurements. On this page, we will provide you with an evaluation represented in a visual manner. As criterion for this evaluation, we make use of the percentage of body fat instead of your weight or BMI (which were of course also measured and/or calculated) as these individual evaluation parameters can sometimes cause confusion. The illustration on the right hopefully makes this clear.



YOUR SPORTMED BODY SCORE



YOUR SPORTMED HEALTH BAROMETER – BODY COMPOSITION



Your body composition is **one of the parameters**, which can influence the risk of your developing health problems.
Your SportMed Coach will provide you with further information concerning your SportMed Body Score and your SportMed Health barometer – Body composition.

“Your body is the baggage that you need to drag along your entire life. The heavier your baggage, the shorter your journey will be.”

INFORMATION CONCERNING YOUR SPORTMED BODY SCORE AND HEALTH BAROMETER

PERSONAL INFO

Date of birth: 10/03/1976
Sex: Male

TEST INFORMATION:

Test date: 1/12/2016
Test subject: **Anthropometry**
Test type: Body Fat
Test option: Futrex NIR
Age (on test date): 40
Weight (on test date): 85,2 Kg

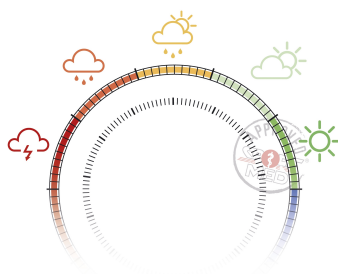
FOREWORD/RECOMMENDATIONS

Your The right balance between body fat and fat-free mass reduces the risk of heart and vascular diseases. At the same time, the right balance will also reduce the chances of your developing a high blood pressure and other related health problems as well as stimulating a good body condition. As a result, your quality of life will be improved both physically and mentally. Your test results will be able to reassure you in this case.

YOUR PERSONAL SPORTMED BODY SCORE

Your SportMed Body Score is a numeric interpretation of the measurement of your body fat percentage. In normal circumstances, your score should be situated between 0 and 10, with 10 being the best possible score and 0 of course the worst possible score. If your score were to exceed the 10 mark, which is of course possible, special monitoring will be required. As you do not fall within this category, we will not elaborate on this.

Your body fat percentage of **17,8 %** results in a SportMed Body Score of **7,9**. We should describe this as being 'very good'. In this case, we recommend you try to achieve a score situated between 5 and 8. When projecting this onto your health, you are certainly on the right track (cfr. the Health Barometer). We will leave it up to you to decide if you are satisfied with this status or not. Unless you have the ambition of practicing certain endurance sports, we recommend you endeavour to keep your body composition at the current level.



YOUR PERSONAL SPORTMED HEALTH BAROMETER

With a SportMed Body Score of **7,9**, the needle of your SportMed Health Barometer for body composition was pointing towards '**SUNNY**' at the moment of the measurement.

This means that your body composition constitutes no further risks to your health. We therefore recommend you accurately monitor your body composition!

ANTHROPOMETRY - BODY COMPOSITION: FACTS AND FIGURES**PERSONAL INFO:**

Birthdate: 10/03/1976
Gender: Male

TEST INFORMATION:

Test subject: **Anthropometrics – Body Fat**
Test type: NIR
Test option: Futrex NIR
Date test: 1/12/2016

TEST RESULTS:

Age on test date: 40
Weight on test date: 85,2 Kg
Body Length: 186

Body Fat:

Fat %: 17,8
Body Fat Mass: 15,2 Kg
Lean Body Mass: 70,0 Kg
Recommended Body fat % (See note below):
Good: 17,6 - 20,5
Health and competition: 11,5 - 17,5
Endurance sports: 6 - 11,4
Belly girth:

CALCULATED AND ESTIMATED VALUES:

BMI: 24,6
Water %: 61,1
Water L: 52,1
BMR (Basal Metabolic rate): 1882 kCal
DCE (Daily Calorie Expenditure): 3181 kCal
RDCI (Recom. Daily Cal. Intake): 2863 kCal

Note on recommended body fat %:

Hoewel er geen officieel 'gestandaardiseerd' aandeel lichaamsvet bestaat, zijn experts in het domein van gezondheid het eens dat de hieronder aangegeven waarden als richtlijnen kunnen worden gehanteerd.

Let op deze waarden zijn enkel van toepassing voor volwassenen. Voor jongeren dienen andere richtlijnen te worden gehanteerd:

(Bron: Metropolitan Health Insurance Company)

Age		18-24	25-29	30-34	35-39	40-44	45-49	50-59	60+
Men	Min%	6,0	6,0	6,0	6,0	6,0	6,0	6,0	6,0
	Max%	14,9	16,5	18,0	19,3	20,5	21,5	22,7	23,2
Women	Min%	9,0	9,0	9,0	9,0	9,0	9,0	9,0	9,0
	Max%	22,1	22,2	22,7	24,0	25,6	27,3	29,7	30,7