



Personal report for:  
Ina Walk

Info SportMed Coach:  
Team SportMed Event  
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Test location:  
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[www.sportmedonline.com](http://www.sportmedonline.com)

## SPORTMED CARDIO REPORT – 1 HOUR WALK CHALLENGE

Dear Ina,

Congratulations! On 30/03/2024, you completed the 60-minute walking test, during which you put in a significant physical effort. Remember this as the main conclusion of the day. The distance covered immediately provides more insight into your current endurance level/physical condition.

### EVALUATION

Test date: 30/03/2024  
Gender: Female  
Age on test date: 52  
Distance covered (60 min value): 5,06 km

What is the SportMed Walk Index?

The SportMed Walk Index is a (rough) indicator of your fitness level, determined by the distance you can cover while walking at the highest possible pace for one hour. A higher index indicates better endurance and a lower risk of certain health issues. Additionally, a higher index means you have more energy for daily activities and/or sports.

The SportMed Walk Index is closely linked to the SportMed Health Barometer and the SportMed Energy Battery (both part of a SportMed for Vitality coaching program—see later).

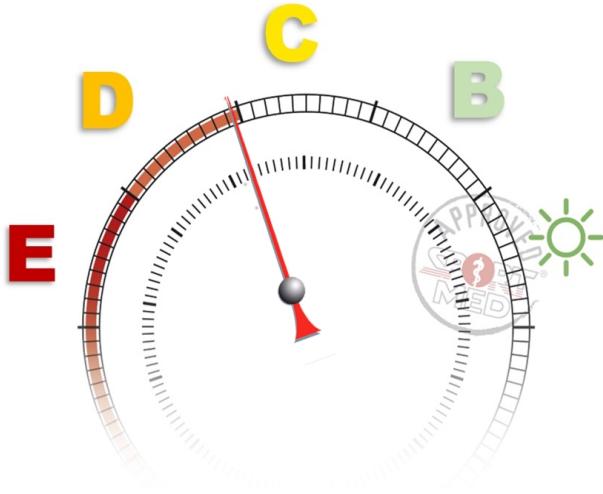
Your SportMed Walk index



Reference values and recommendations

Total distance covered	SportMed Walk Index	Recommendations
<4,0	E	Improvement strongly recommended.
4,1 - 5,1	D	On the right track. Go for a little more... or one extra step?
5,2 - 6,0	C	Already doing well! Be sure to hold on to this.
6,1 - 7,6	B	Great! Ready for another challenge.

### WALK INDEX AND YOUR HEALTH BAROMETER



### WALK INDEX AND YOUR ENERGY LEVEL



## Brief Explanation

You covered 5,06 km in one hour. Compared to the reference values for your age and gender, your endurance currently is situated within the improvement zone and is still considered rather low. Your SportMed Walk Index is D, and your Health Barometer has not yet reached the desired level. This highlights the connection between your fitness and overall health. However, we see this as an opportunity, not a judgment. It's important to understand that improving your fitness can lead to better health and higher energy levels. We are here to help you unlock your full potential!

## RECOMMENDATION

In your situation, it is advisable to further improve your cardiovascular fitness. And there's good news! There is still significant room for progress, meaning that even small changes to your daily routine can have a positive impact. A personalized program and/or the guidance of a coach can help you achieve your goals. At the bottom of the page, you'll find an overview of the SportMed programs designed for this purpose.

We recommend the 'FITT for WALKING/Advanced Walker' program. This program will help you take the next step toward optimal fitness. Ask your SportMed coach for guidance on how to get started!

## ABOUT FITNESS AND HEALTH

Fitness and health are often used interchangeably, but they are not exactly the same. However, they are strongly connected. Good fitness can help reduce the risk of chronic diseases, strengthen bones, boost energy levels, and improve overall well-being—making a significant contribution to your health. But health is more than just being fit. It also includes proper nutrition, mental well-being, and stress management. The combination of fitness, health, and a balanced lifestyle leads to optimal quality of life.

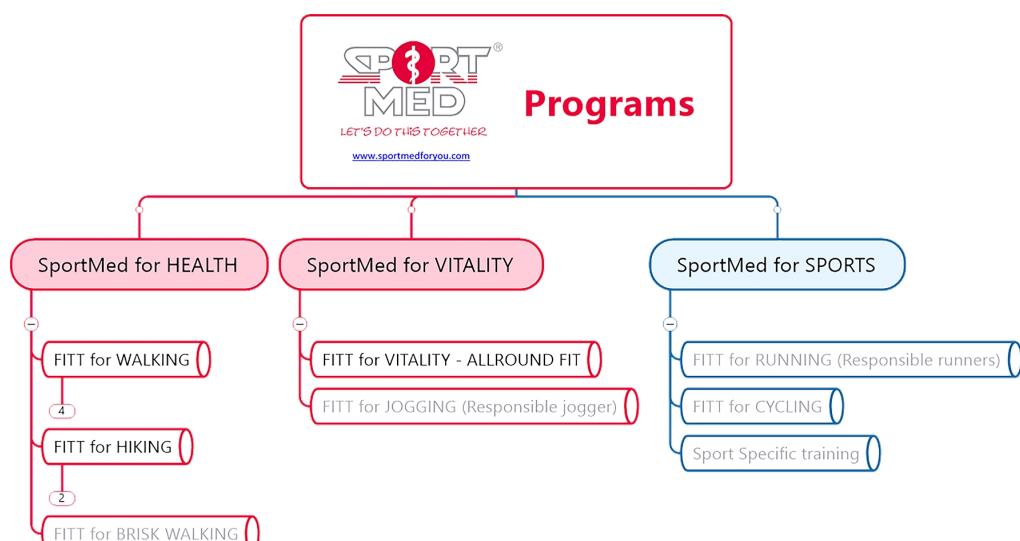
Remember, getting fit and living healthily is a journey! It takes time and effort, so be patient and enjoy every step. Don't be too hard on yourself along the way—everyone is different. Listen to your body, set realistic goals, and keep doing your best.

Need some guidance? Your SportMed coach is here to help! They will support you in making the right choices and staying motivated.

## SPORTMED GUIDANCE PROGRAMS

SportMed provides three tiers of programs with the following motto:

"My goal is not to be better (fitter) than someone else,  
but to become better (fitter) than I was yesterday."  
Wayne W. Dyer



## 1 H WALKING (ORIENTATION) TEST

### General information

Date and time of the test: 30/03/2024 15:25

Test Option: Without HR

Registration Type: SPOL

Age (on test): 52

Gender: Female

### Interesting results:

Distance covered: 5,06

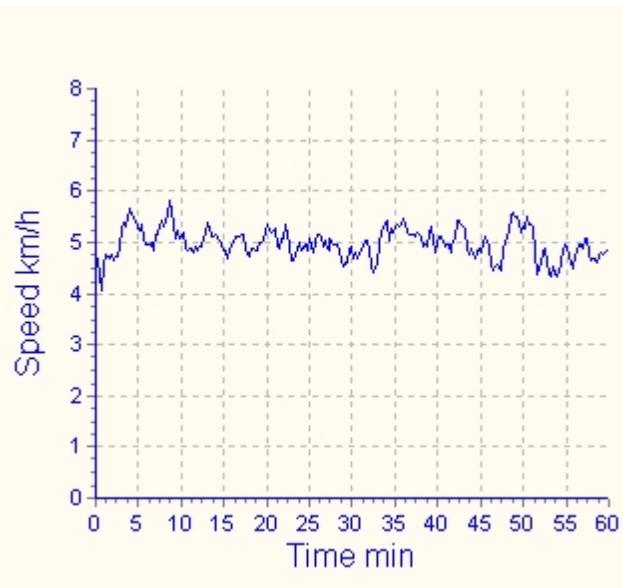
Pace/km: 11'52"

Highest speed: 5,8

Average HR:

Highest HR during test:

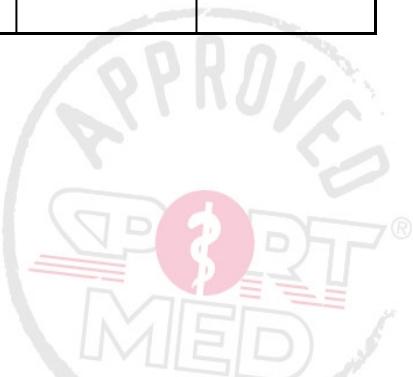
### CHARTS



### TEST ARCHIVE

Test date	Age	Distance (km)	Pace / km	Max. speed ( km/h)	Average HR	Max HR
30/03/2024	52	5,06	11'52"	5,8	-	-
24/03/2024	52	0,00			120	132

\* In between brackets calculated 1H values for 30 min test (if applicable)



Dear Ina,

Thank you very much and congratulations for your decision to participate in a SportMed for HEALTH 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 19/03/2024 you have taken a SportMed 20 min Walk test according to the method of a Field self-test. Based on the test information, your SportMed Cardio-trainer has then created your personalised SA FITT for WALKING 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

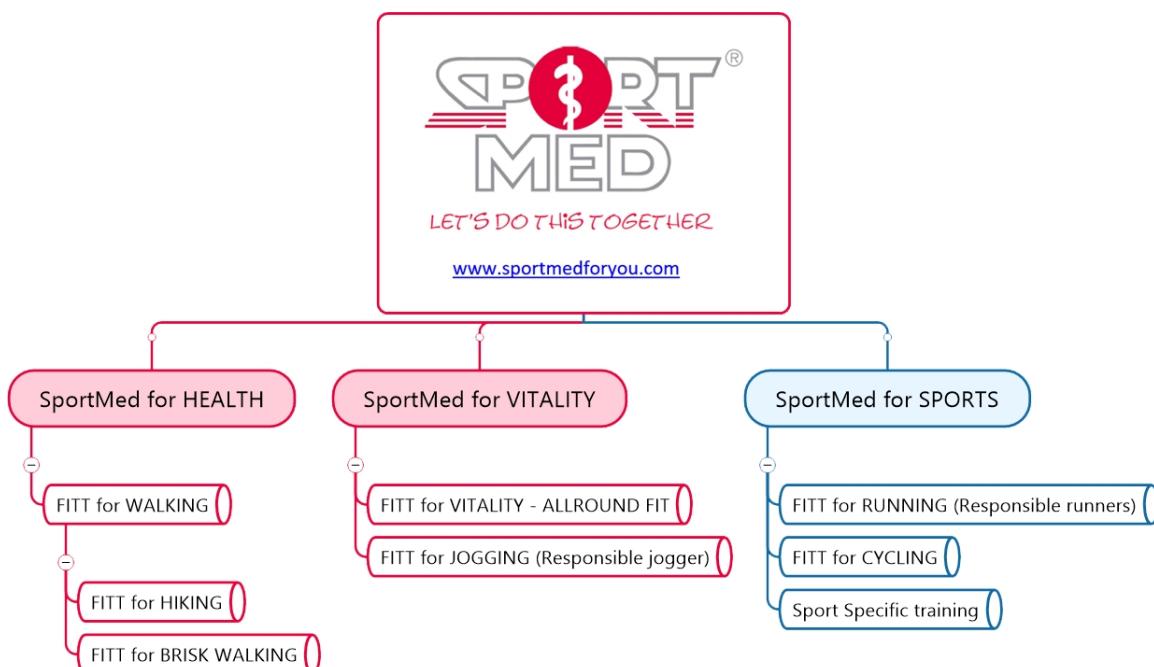
### Introduction: The SportMed mission statement

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 tailor-made 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](http://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

## Test results - Figures

### General information

Date & time of the test: 19/03/2024 12:42  
Test Option: SportMed 20 min Walk test  
Registration Type: Field self-test  
Age (on test): 52  
Gender: Female

### Interesting test results:

Completion of the test: 100%  
HR Max : 138  
HR 3,6 km/h:  
HR 4,2km/h: 107  
HR 4,5 km/h: 112  
HR 5,4 km/h: 124  
HR 6,0 km/h: 136  
Aver. HF: 135

### Important!

There is no rating of good or bad in this program/test. With your participation you underline the positive attitude to pursue a (more) active lifestyle and that is what this type of program is all about. The results of your test are only used to create a personalized program.

In your next test, we will of course learn in which direction you have already evolved conditionally based on your heart rate evolution.

"You don't have to be good to start;  
You have to start in order to be good."



## CHARTS PERFORMANCE TEST

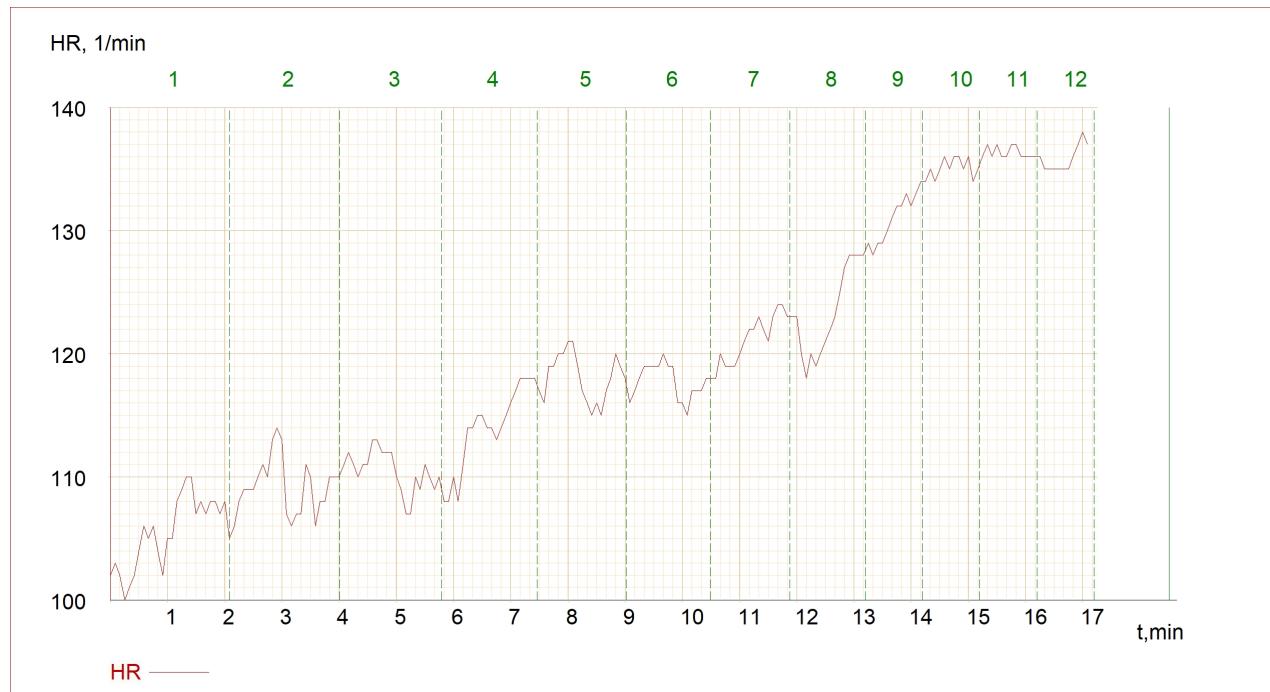
## PERSONAL INFO:

Birthday: 11/12/1971

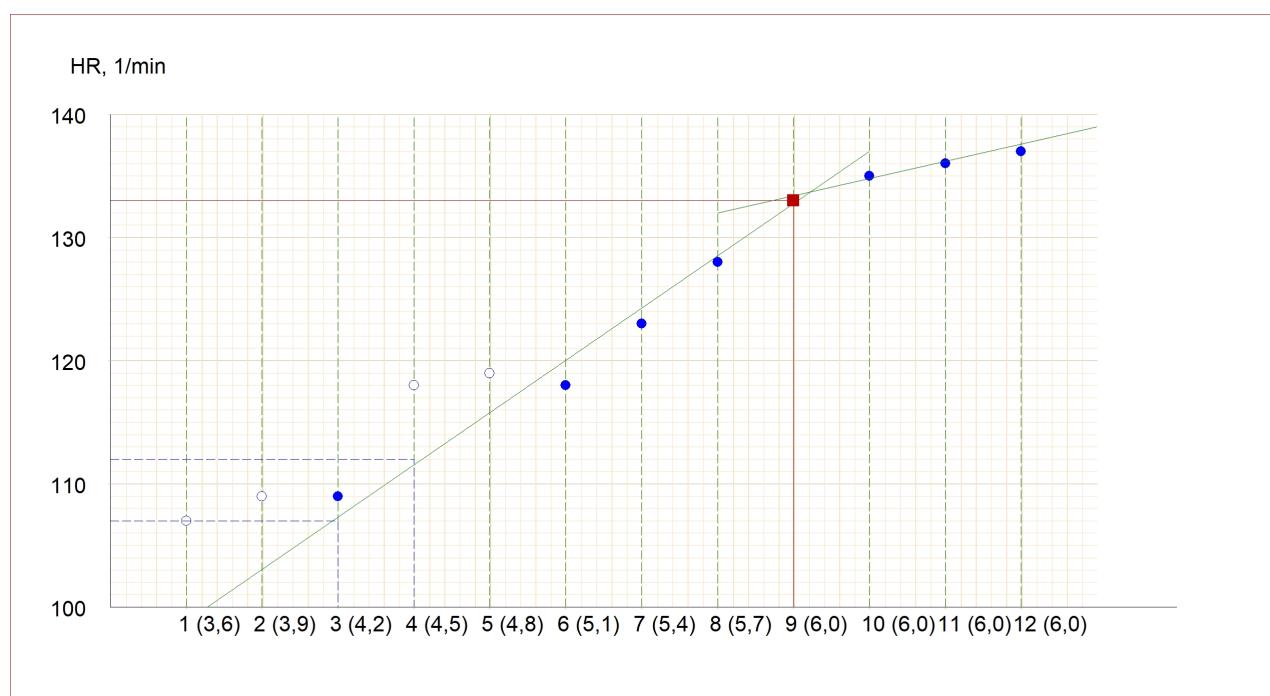
Gender: Female

Test date: 19/03/2024

## TEST VALUES - GRAPHS:



## ANALYSIS CHART:



## Training program

### About the FITT for WALKING program

FITT for WALKING is a guidance program from the SportMed range of programs that fall under the category 'SportMed for HEALTH' and is an accessible, scientifically substantiated 'training'/active living program that runs over 12 weeks. During the process, you will be supported by your SportMed Cardio trainer. Training control, reporting and monitoring is done via the SportMed Online app or via your personal HRC wrist unit (in combination with a specific heart rate transmitter in the form of a chest strap or a bracelet).

The programme has a threefold objective:

- 'Performance' element:

The 'performance' objective of the program is that by walking briskly, you can improve the distance you can cover in one hour without having to stop along the way and/or get out of breath.

- Health element:

The (average) heart rate will decrease as a result of the training effect, both at rest and during exercise, which in turn means that the cardiovascular system becomes more efficient.

- Attitude/lifestyle element:

However, the main objective is that you learn to schedule three times a week in your calendar when you purposefully engage in physical activities at an intensity that goes beyond "daily physical activity" for a set period of time. You can consider this as the lightest possible form of training/sports that could possibly encourage you to grow into a FITT for VITALITY program, with which you then take the next step towards conditional building and optimal vitality.

### What doesn't the program do?

The program is a first step towards a fit body. But you are only really 'fit' when you can continue to jog at a good pace, without getting out of breath or exhausted, when you can go for a brisk bike ride, ... . To achieve this, a little more is needed and a programme from the 'FITT for VITALITY' category is indicated.

## Training intensity

Activity	HR Zone	WALK - units / 6 min
Walking	107 - 136	28,5

## Goals (Walk units)

Week	From	Until	WALK-units Total	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	25/03/2024	31/03/2024	570		190		190			190
2	1/04/2024	7/04/2024	617		190		214			214
3	8/04/2024	14/04/2024	665		214		214			237
4	15/04/2024	21/04/2024	736		237		237			261
5	22/04/2024	28/04/2024	807		261		261			285
6	29/04/2024	5/05/2024	807		261		261			285
7	6/05/2024	12/05/2024	831		261		285			285
8	13/05/2024	19/05/2024	855		285		285			285
9	20/05/2024	26/05/2024	855		285		285			285
10	27/05/2024	2/06/2024	855		285		285			285
11	3/06/2024	9/06/2024	855		285		285			285
12	10/06/2024	16/06/2024	855		285		285			285



### Explanations:

So you work through a (sports) walking program, in which the body - in addition to the daily portion of exercise (10,000 steps, housework, quiet walking, ...) - is given a physical stimulus 3 times a week in the form of (sports) walking/walking at a predetermined intensity. Everything is done on the basis of heart rate control. Within the recommended personal heart rate limits set individually by the SportMed Cardio trainer, based on the data from your test, you will complete a number of walking sessions on a weekly basis. It starts with 3x a 35 min session to end with 60 min sessions. The weekdays proposed in the schedule are indicative only. Part of the exercise is to be able to find three 'training moments' in your agenda.

The last 'training' immediately forms a kind of final evaluation because then we repeat the 1U walking test, which you have taken at the very beginning (before or immediately after the SportMed Walk test) with which you already get an insight into your result.

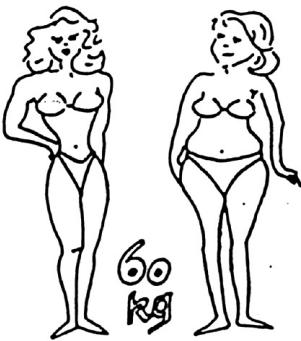
So try to achieve the weekly total by scheduling/realizing **three training moments** of at least 35 to 60 minutes in zone each time (more is of course also allowed). Planning is the biggest challenge and the main goal of the program for most participants in this program. If you succeed in this, you can then safely participate in a FITT for VITALITY program. If you have any further questions, please contact your SportMed Cardio trainer!

For some extra information about the correct walking technique, visit the following site: [De juiste wandeltechniek voor jou - Wandel](http://www.sportmedonline.com)

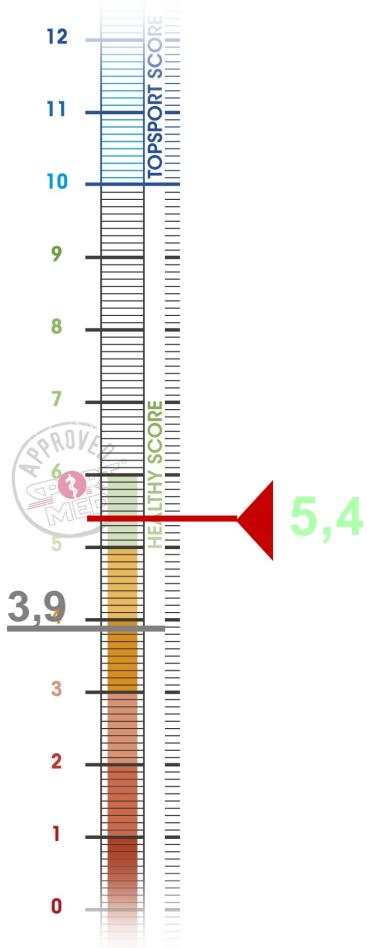


## YOUR SPORTMED BODY SCORE AND BAROMETER

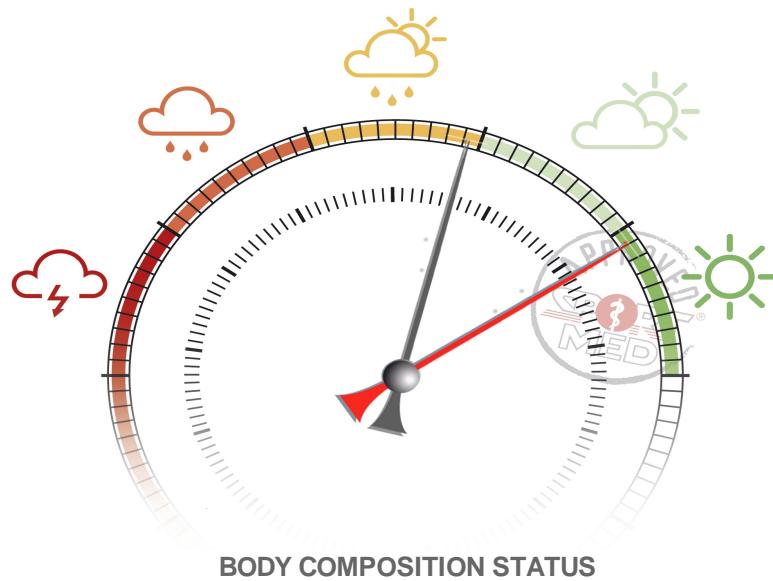
On 19/03/2024, your body composition was again determined by means of a number of measurements. On this page, we will not only be representing an evaluation of your percentage of body fat in a visual manner (Body Score and Health Barometer), but will also show a comparison with the body score linked to the measurement done on 21/10/2022. Your SportMed Coach will provide you with further information.



### YOUR SPORTMED BODY SCORE



### YOUR SPORTMED HEALTH BAROMETER - BODY COMPOSITION



BODY COMPOSITION STATUS

**ADEQUATE**

#### HEALTH IMPACT: HEALTH ENHANCING

Your body is **one of the parameters** that can influence the risk of your developing health problems. When comparing with the measurement done on 21/10/2022, your body composition has improved. Congratulations! As a result, the health barometer that is linked to your body composition is pointing towards **sunny**, which means that your share of body fat does no longer constitute a health risk. You should try to stabilize (and maybe even improve) your body composition by means of an adapted lifestyle (You should exercise on a regular basis and set up a good nutritional pattern.).

"In the confrontation between the stream and the rock, the stream always wins; not through strength, but through perseverance."

H. Jackson Brown

## INFORMATION CONCERNING YOUR SPORTMED BODY SCORE AND HEALTH BAROMETER

### PERSONAL INFO

Date of birth: 11/12/1971  
Sex: Female

### TEST INFORMATION:

Test date: 30/03/2024  
Test subject: Anthropometry  
Test type: Body Fat  
Test option: Futrex NIR  
Age (on test date): 52  
Weight (on test date): 76,4 Kg

### FOREWORD/RECOMMENDATIONS

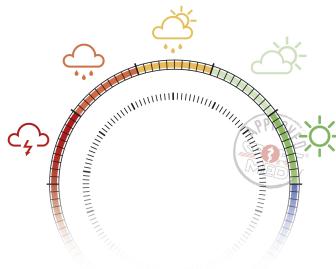
Your The right balance between body fat and fat-free mass reduces the risk of heart and vascular diseases. At the same time, the right balance will also reduce the chances of your developing a high blood pressure and other related health problems as well as stimulating a good body condition. As a result, 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 **30,9 %** results in a SportMed Body Score of **5,4**. We should describe this as 'adequate'. You are, however, only just situated within the recommended scores which lie between 5 and 8. Please make sure that you do not neglect your body composition so that you can maintain the current status! Nevertheless, we recommend a small improvement, which means that your body fat percentage should still decrease a little more.





## YOUR PERSONAL SPORTMED HEALTH BAROMETER

With a SportMed Body Score of **5,4**, 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 **is not placing any strain on your health and wellbeing**. Nevertheless, you are balancing on the limit, which means that your condition could easily change into 'cloudy'. As we already pointed out at the evaluation of your Body Score, you should endeavour to reduce your body fat percentage a bit more.



## ANTHROPOMETRY - BODY COMPOSITION: FACTS AND FIGURES

### PERSONAL INFO:

Birthdate: 11/12/1971  
Gender: Female

### TEST INFORMATION:

Test subject: **Anthropometrics – Body Fat**

Test type: NIR

Test option: Futrex NIR

Date test: 19/03/2024

### TEST RESULTS:

Age on test date: 52  
Weight on test date: 76,4 Kg  
Body Length: 178

### Body Fat:

**Fat %:** 30,9

Body Fat Mass: 23,6 Kg

Lean Body Mass: 52,8 Kg

Recommended Body fat % (See note below):

Good: 26,7 - 29,7

**Health and competition:** 17,1 - 26,6

Endurance sports: 9 - 17

Belly girth:

### CALCULATED AND ESTIMATED VALUES:

BMI: 24,1  
Water %: 52,9  
Water L: 40,4  
BMR (Basal Metabolic rate): 1510 kCal  
DCE (Daily Calorie Expenditure): kCal  
RDCI (Recom. Daily Cal. Intake): 1663 kCal

### Note on recommended body fat %:

Hoewel er geen officieel 'gestandaardiseerd' aandeel lichaamsvet bestaat, zijn experten 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

## Body Fat (Archive)

Test number	2	1
Test date	19/03/2024	21/10/2022
Test type	N.I.R.	N.I.R.
Test Option	Futrex	Futrex
Test protocol	Personalised	Personalised
Age	52	50
Score	5,4	3,9
Weight (kg)	76,4 Kg	81,4 Kg
Height	178 cm	177 cm
BMI	24,1	26,0
Body fat (%)	30,9	33,3
Body fat mass (kg)	23,6	27,1
Lean body mass (kg)	52,8	54,3
Water (%)	52,9	51,4
Water (ltr)	40,4	41,8
BMR (Kcal)	1510	1543
DCE (Kcal)		
RDCI (Kcal)	1663	1710
Belly girth		
Biceps		
Triceps		
Supra iliaca		
Subscapular		
Muscles weight		
Visceral fat rating		

