ROYAL BERKSHIRE
FIRE AND RESCUE SERVICE
Enabling people to lead safe and fulfilling lives

Report For TEST TEST

Health Assessment Report

Generated on: 30 November 2018

INTRODUCTION

Your personal report will help you to understand the key lifestyle issues that directly affect your health and wellness. Potential problem areas are identified for you with advice and guidance towards positive changes that will make a difference.

You control your own lifestyle. The choices you make every day concerning smoking, drinking, regular exercise, the food you eat and the way you cope with pressure, all have a profound affect on your quality of life.

We hope that this report will motivate you to set personal health and fitness goals and commit to a healthy lifestyle.

Positive Health Choices

To help you fully understand the potential benefits of making desirable lifestyle changes, it is important to consider your present lifestyle and fitness levels.

A base line of information about yourself helps you to focus clearly upon your personal goals and provides a starting point from which to measure improvements in your health and wellness.

Understanding Your Report

All the information in this report is based upon the latest scientific research and medical thinking. Your assessment results and responses to lifestyle questionnaires are evaluated and presented to you in a format that is quick and easy to understand following a simple traffic light system indicating

- Green = Good
- Amber = Need for improvement
- Red = Below Average

If you have any questions, need additional help or would like information on other health and wellness services, please ask a member of staff who will be pleased to help you.

Confidentiality

Our aim is to ensure that your personal information remains personal. We will at all times protect the confidentially of the information supplied by you.

From time to time your responses and results may be used for scientific and statistical purposes. However these cannot be traced back to you and in no way affect your rights as an individual.

Identification

Application:	Royal Berkshire Fire and Rescue Service
Full Name:	test test
Fitech UID:	mxF0*T02Mb
Date of Birth :	Jan/1970 (≈48 Yrs)
EMail:	movementspecialist@rbfrs.co.uk

Vital Statistics

Height:	156cm (61ins)	Weight:	55kg (121lbs 4ozs)
Gender:	Male	Body Fat:	33%

Vital Statistics

Alcohol Consumer:	Yes	Smoker:	Yes
Cholesterol:	Not Recorded	Blood Pressure :	145/91

This report has been generated for TEST TEST by ROYAL BERKSHIRE FIRE AND RESCUE SERVICE on 30 November 2018 .The report data and any findings are based on physical data accrued or recorded at that time and are subject to change.

Legal Notice

LIFESTYLE REVIEW

Basic Data

Height / Weight:	Metric: 156.00 cm / 55.00kg - Imperial: (5 ft 1 ins / 8st 9lbs)
BMI:	22.60

Smoking Habits

Status:	Smoker
Summary:	A cigarette smoker doubles their risk of dying from coronary heart and cardiovascular disease compared to a non-smoker. If they also suffer from high blood pressure and high cholesterol then there is an eight-fold increase in risk. By stopping smoking, the risk of heart disease is rapidly reduced.

Alcohol

Alcohol Units: 20 / Week

Alcohol Rating: Above Recommended Weekly Limits

Graphical Summary:

Summary:

Your weekly alcohol intake is above the recommended safe limits. Your pattern of drinking is not considered to be binge drinking. The definition of binge drinking is drinking lots of alcohol in a short space of time or drinking to get drunk. 6 or more units in 1 day is considered to be binge drinking.

Lots of people associate drinking with relaxation and socialising. But drinking too much can damage your health.

Guidelines reflect evidence about the link between alcohol and health harms, particularly cancer. Guidance includes changes to the amount men and women can regularly drink, one-off drinking sessions and advice for drinking in pregnancy.

- You are safest not to drink regularly more than 14 units per week, to keep health risks from drinking alcohol to a low level. 14 units would be equivalent to 12 (250ml) measures of average strength (4%) beer or 6 glasses (175ml) of average strength (12%) wine.
- If you have one or two heavy drinking sessions, you increase your risks of death from long-term illnesses and from accidents and injuries.
- The risk of developing a range of illnesses (including, for example, cancers of the mouth, throat and breast) increases with any amount you drink on a regular basis
- If you wish to cut down the amount you're drinking, a good way to help achieve this is to have several drink-free days each week

Regular drinking above the guidelines causes long-term damage to your health. Alcohol can contribute to:

- Raised blood pressure, liver disease, cancers (particularly breast cancer and cancer of the gullet) mental health problems (such as depression and anxiety) infertility, heart disease, stomach ulcers osteoporosis (thinning of the bones) pancreatitis, stroke, dementia, brain damage.

Some effects of drinking to excess are not reversible and can cause permanent damage to your health. You are not thinking of reducing your alcohol intake, given you are not within the safe limits you should reconsider. Based upon what you have told us, we've calculated the additional calories consumed through alcohol to be between 1200 and 2400, at the worst this is equivalent to 2.0 standard 12 inch pizzas per week.

Reference: default

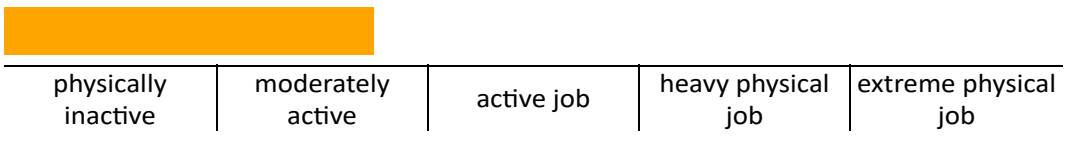
British Government’s Chief Medical Officer (2016) NHS Choices.

Activity - Occupation

Your Occupation Rating: Moderately Inactive Occupation (Out of 5)

Recorded Score: 2

Graphical Summary:

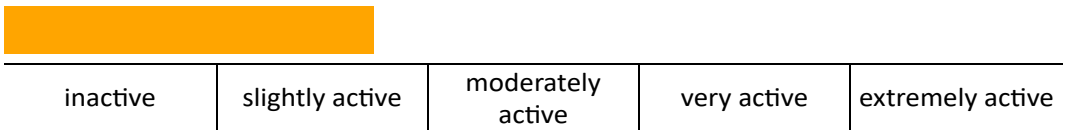


Activity - Leisure

Leisure Activity Rating: Slightly Active (Out of 5)

Recorded Score: 2

Graphical Summary:



Activity & Leisure Observations

Summary:

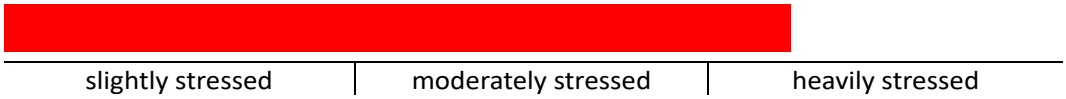
Physical activity reduces the risk of heart disease, high blood pressure, diabetes,osteoporosis, certain types of cancer, reduces stress and helps you sleep. To benefit from physical activity you need to ensure that you give yourself time to fit 30 minutes of moderate physical activity into every day. Activities such as brisk walking, using the stairs rather than a lift, moving more and sitting less all make it easy for you to fit activity into your day.

You appear not to be moderately active during both work and play. This is OK but you are not really getting enough activity into your life. There are many ways to increase your level of activity during your free time. The key is to find something which you enjoy and can easily fit in to your life. There are many activities you can participate in which will help you achieve at least 30 minutes of moderate exercise per day. Something as simple as walking can make a big difference, using a pedometer to measure your current levels of activity is a good start.

Perceived Stress

Recorded Score: Heavily Stressed

Graphical Summary:



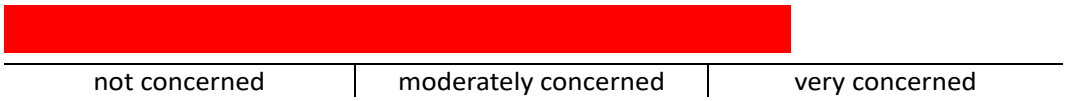
Summary:

You report that you are feeling under considerable stress at the moment. From time to time many of us experience extreme levels of pressure. Sometimes these feelings are only temporary and it may help if you discuss your feelings with someone who can help you see things from a different perspective. However, if your pressure is persistent, you really should discuss your feelings with your GP or a professional counsellor.

Perceived Eating Habits

Recorded Score: Very Concerned

Graphical Summary:



Summary:

It appears that your diet is of concern to you. You should try to discuss your concerns with a professional who can give you personal advice on your current eating habits.

Sleep Risk Analysis

Graphical Summary:

Sleep Recommendations:

Summary:

A good night's sleep is vitally important to health and wellbeing. The average person spends around a third of their life asleep. In this time, our bodies are able to replenish energy stores and make repairs, while our minds organise and store the memories of the day before. The amount of sleep you need depends on your age, gender, health and other elements, and sleep cycles change as we grow older.

Whilst you are very concerned about your sleep, you appear to be getting less than the recommended 7 to 9 hours of undisturbed sleep per night. Research is the US has shown that there is a increased risk of developing diabetes in people who slept less than five hours a night. There are various things you can do to help you get to sleep. This is often referred to as 'good sleep hygiene'. For example:

- Avoid caffeine later in the day
- Avoid alcohol as this is known to disturb sleep
- Avoid heavy meals late at night
- Stick to regular times to go to bed and get up
- Use thick curtains, blinds or an eye mask to stop you being woken up by light
- Try earplugs to stop any noise disturbing you
- Try taking a warm bath an hour before you go to bed
- Try listening to calming music or reading a book
- Avoid watching TV or using mobile devices in the bedroom

If your sleep problems are affecting your daily life, it's time to see your GP or health professional. You could take the results of this test to discuss with your GP or, even better, keep a sleep diary for two weeks before you go.

British Sleep Council (2017) & National Sleep Foundation (2017)

FITNESS HEALTH RESULTS

Body Mass Index

The Body Mass Index (BMI) rating is an indicator of total body composition. It is calculated by dividing your weight in kilograms by your height in metres squared (m2). A healthy BMI for an adult is between 18.5 and 25. Body mass index (BMI) is used to estimate the total amount of body fat, but it does not differentiate between body fat and muscle mass and may not accurately reflect changes in body composition.

Differences in BMI between people of the same age and gender are usually due to body fat. However calculations will overestimate the amount of body fat for body builders, some high performance athletes and pregnant women. BMI calculations may underestimate the amount of body fat for the elderly or people with a physical disability who may have muscle wasting.

BMI Value: 22.60

Graphical Summary:

Rating: Normal

Summary: Your BMI is within the recommended range. Congratulations! Keep it up with regular excerise and healthy eating. You are minimising your risk of chronic disease such as heart disease, diabetes, arthritis & other related illnesses.

Body Mass Index Ranges - (World Health Organisation)			
Underweight	< 18.50	Obese 1	30 - 34.99
Normal Range	18.5 - 24.99	Obese 2	35 - 39.99
Overweight	25 - 29.99	Obese 3	>= 40

Waist to Hip Ratio

The waist to hip measurement gives a good indication of the distribution of body fat. Greater deposits of fat around the abdominal area can indicate a greater risk of Coronary Heart Disease and Diabetes Mellitus. The normal range for men is less than 0.95 and less than 0.85 for women.

Water %: 0.00 %

Waist to Hip Ratio: 0.989

Graphical Summary:

Rating: High

Waist Measurement: 91.00 cms (36ins)

Hip Measurement: 92.00 cms (36ins)

Summary: Higher than desirable result. We recommend you increase your exercise and make some modifications to your eating habits.

Basic Impedance (Body Fat %)

An excess of body fat can increase the risk of heart disease, high blood pressure, diabetes, joint problems and other medical conditions. Lean weight is the component of body weight that is not fat, including bone, muscle and organs such as the brain, heart and liver. The term 'metabolic rate' (RMR) refers to the energy (calories) you expend over a day just keeping your body functioning - your heart beating and your lungs breathing, for example. Resting Metabolic Rate and the energy required for physical activity make up your total energy expenditure, or total energy needs.

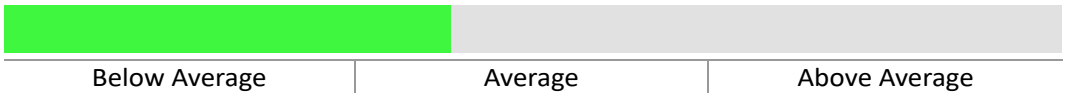
Your Body Fat %:	33.00 %
Graphical Summary:	
Rating:	Obese
Acceptable Range:	10.0 - 22.9 %
Your Weight:	55.00 kg (121.00lbs)
Target Weight Range:	45.02 - 60.60 kg (99.05 - 133.31lbs)
Your Lean Weight:	36.85 kg (81.07lbs)
Summary:	Your body fat percentage is a lot higher than recommended for your age, your rating means that you are classed as obese. This seriously increases your risk of developing diabetes, heart disease and other medical conditions. It is important that you make every effort to reduce this down to an acceptable level with a program of healthy eating and regular exercise. Ask your GP or health consultant for guidance.
Estimated Metabolic Rate:	1165.96 kcal The term 'metabolic rate' (RMR) refers to the energy (calories) you expend over a day just keeping your body functioning - your heart beating and your lungs breathing, for example. Resting Metabolic Rate and the energy required for physical activity make up your total energy expenditure, or total energy needs.

Total Body Water Percentage

Total Body Water Percentage is the total amount of fluid in your body expressed as a percentage of total weight. Water plays a vital role in many of the body's processes and is found in every cell, tissue and organ. Maintaining a healthy total body water percentage will ensure the body functions efficiently and will reduce the risk of developing associated health problems.

Your body water levels naturally fluctuate throughout the day and night. Your body tends to be dehydrated after a long night and there are differences in fluid distribution between day and night. Drinking a large quantity of water in one sitting will not instantly change your water level. In fact, it will increase your body fat reading due to the additional weight gain.

Please monitor all readings over time to track the relative change. Every individual varies but as a guide the average total body water percentage ranges for a healthy adult are 45 to 60% for females and 50 to 65 % for males.

Water %:	54.00 %
Total Water Weight:	29.70 kg (65.34lbs)
Graphical Summary:	
Rating:	Average
Summary:	Your hydration levels are in the average range for a healthy adult. Eating large meals, drinking alcohol, menstruation, illness, exercising, and bathing may cause variations in your hydration levels. Your body water percentage reading should act as a guide. It is important to look for long-term changes and to maintain a consistent, healthy total body water percentage.

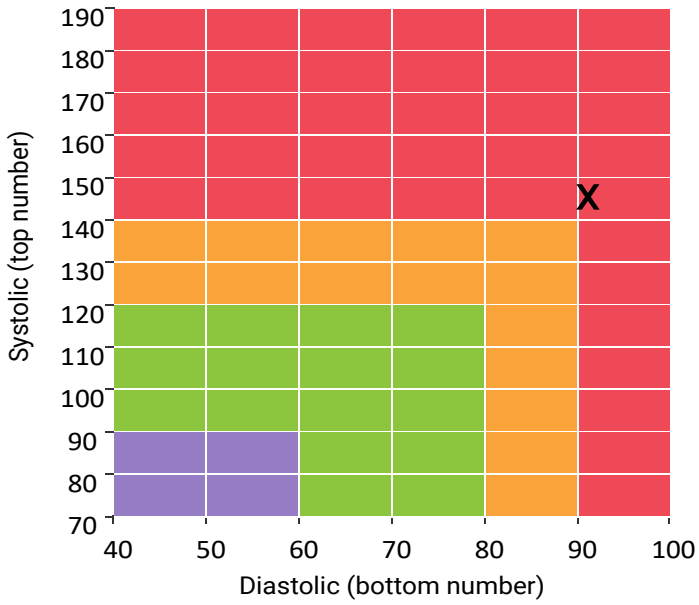
Blood Pressure

Blood Pressure is the measure of the force that the heart needs to pump blood through the body. There are two different measures Systolic that measures the contraction phase or pumping pressure of the heart and Diastolic that measures the relaxation phase of the heart or the pressure in the arteries when the heart is filling up with blood.

Blood pressure can vary throughout the day and be affected by physical activity, stress, smoking and caffeine intake. High blood pressure is a major risk factor for diseases such as Coronary heart disease, Stroke, Heart Failure, Peripheral vascular disease, Kidney Failure.

Your Systolic BP:	145 mm Hg
Your Diastolic BP:	91 mm Hg

Graphical Summary:



Rating: High Blood Pressure

Summary: Your reading is in the high blood pressure range. If your GP practice does not already know about this, make an appointment to see either your doctor or nurse in the next month to get it checked. Known as the "silent killer", high blood pressure rarely has obvious symptoms but, left untreated, it increases your risk of heart attack or stroke.

Whilst you may need medication, the good news is that you may well be able to lower your blood pressure through lifestyle changes such as:

- Losing weight (if overweight)
- Reducing the amount of salt in your diet
- Exercising regularly
- Cutting back on alcohol and caffeine

Resting Heart Rate

Resting heart rate (RHR) is the number of beats in one minute when you are at complete rest. Your resting heart rate indicates your basic fitness level. The fitter you are, the less effort and fewer beats per minute it takes your heart to pump blood to your body at rest and your RHR will be a lower number.

Resting Heart Rate:	88 BPM
Graphical Summary:	
Rating:	Poor
Summary:	Resting Heart Rate (RHR) usually rises with age and is generally lower in people who are physically fit. Your resting heart rate is poor which reflects either poor aerobic fitness or it could be a sign that you are unwell. Monitor your heart rate first thing in the morning over the coming week to see if it changes. If your RHR continues to be high you should visit your GP to see if your thyroid is overactive, you are anaemic, or you have an infectionor other cause of a rapid heart rate. Also, if your heart rate races or you feel it miss a beat it would be worthwhile consulting your doctor.

FMS Overhead Squat

We choose to screen the symmetrical stance pattern using the Deep Squat. This screen shows whether the person can move symmetrically into a full range of motion of the ankles, knees and hips. Maintaining the overhead position of the arms tells us if the individual can fully access lower body mobility without robbing movement from the torso and upper extremities. The DS places you in a consistently repeatable position that demands a high level of mobility and control. The feet straight ahead and the dowel overhead places the individual at the extremes of lower body motion against the positioning of the upper extremities. This makes the compensations easy to see.

Your Result:	
Summary:	Tibia and upper torso not parallel, Femur not below horizontal Knees not aligned over feet, Dowel not aligned over the feet

FMS Hurdle Step (Left)

The Hurdle Step Screen (HS) looks at single leg stance challenged by a dynamic stepping motion. The pattern demands a higher step than normal to express mobility and range of motion with the stepping leg and while requiring stability of the stance leg. The step over the string imposes a time demand. The single leg stance must be maintained while the opposing leg is stepping, which creates a dynamic challenge. The HS uses tibial height as a body relative standard for the stepping motion. The dowel across the shoulders provides a horizontal reference allowing the screener to easily see the subtle dips and shifts in shoulder position and upper body, indicating a compensation. We are asking for full lower body motion and control without having to "rob" from the upper body position.

Your Result:	
Summary:	▪ Alignment is lost between hips, knees and ankles ▪ Movement in Lumbar Spine ▪ Dowel and hurdle do not remain parallel

FMS Hurdle Step (Right)

The Hurdle Step Screen (HS) looks at single leg stance challenged by a dynamic stepping motion. The pattern demands a higher step than normal to express mobility and range of motion with the stepping leg and while requiring stability of the stance leg. The step over the string imposes a time demand. The single leg stance must be maintained while the opposing leg is stepping, which creates a dynamic challenge. The HS uses tibial height as a body relative standard for the stepping motion. The dowel across the shoulders provides a horizontal reference allowing the screener to easily see the subtle dips and shifts in shoulder position and upper body, indicating a compensation. We are asking for full lower body motion and control without having to "rob" from the upper body position.

Your Result:

Summary: ▪ Inability to clear the cord during the hurdle step ▪ Loss of Balance

FMS Inline Lunge (left)

The Inline Lunge Screen (IL) places the lower extremities in an inline split-stance position while the upper extremities are in an opposite or complementary reciprocal pattern. This replicates the natural counterbalance the upper and lower extremities use to complement each other, as it uniquely demands spine stabilization. This test also challenges hip, knee, ankle and foot mobility and stability, while at the same time simultaneously challenging flexibility of multi-articular muscles such as the latissimus dorsi and the rectus femoris. A true lunge requires a step and descent. The inline lunge test only provides observation of the descent and return; the step would present too many variables and inconsistencies for a simple movement screen. The split-stance narrow base and opposite shoulder position provide enough opportunity to uncover mobility and stability compensations within the lunging pattern. We do not exercise in a position this extreme, but in the screen we are only asking for an In-line Lunge (IL) using body weight.

Your Result:

Summary: ▪ Loss of balance by stepping off the board ▪ Inability to complete movement pattern ▪ Inability to get into set up position

FMS Inline Lunge (right)

The Inline Lunge Screen (IL) places the lower extremities in an inline split-stance position while the upper extremities are in an opposite or complementary reciprocal pattern. This replicates the natural counterbalance the upper and lower extremities use to complement each other, as it uniquely demands spine stabilization. This test also challenges hip, knee, ankle and foot mobility and stability, while at the same time simultaneously challenging flexibility of multi-articular muscles such as the latissimus dorsi and the rectus femoris. A true lunge requires a step and descent. The inline lunge test only provides observation of the descent and return; the step would present too many variables and inconsistencies for a simple movement screen. The split-stance narrow base and opposite shoulder position provide enough opportunity to uncover mobility and stability compensations within the lunging pattern. We do not exercise in a position this extreme, but in the screen we are only asking for an In-line Lunge (IL) using body weight.

Your Result:

Summary: ▪ Dowel contact not maintained ▪ Dowel does not remain vertical ▪ Movement in torso ▪ Dowel and feet do not remain in sagittal plane ▪ Knee does not touch center of the board ▪ Flat front foot does not remain in start position

FMS Shoulder Mobility (Left)

We screen the Reciprocal Upper Body pattern with the Shoulder Mobility screen. The hand length sets a body relative standard for the individual while performing the SM screen. A full reciprocal reaching motion is performed to see if moving both arms at once compromises the movement on either side. Based on the motion standards of the Apply's Scratch Test, the SM screen looks at coordination of the thoracic spine, scapula, and control of the shoulder and upper limbs.

Your Result:

Summary: ▪ Fists are within one and a half hand lengths

FMS Shoulder Mobility (Right)

We screen the Reciprocal Upper Body pattern with the Shoulder Mobility screen. The hand length sets a body relative standard for the individual while performing the SM screen. A full reciprocal reaching motion is performed to see if moving both arms at once compromises the movement on either side. Based on the motion standards of the Apply's Scratch Test, the SM screen looks at coordination of the thoracic spine, scapula, and control of the shoulder and upper limbs.

Your Result:

Summary: ▪ Fists are not within one and a half hand lengths

FMS Active Straight Leg-Raise (Left)

The reciprocal lower body pattern is screened using the Active Straight Leg Raise screen (ASLR). Lumbo-pelvic control, extension of the down leg and flexion of the raising leg are the component pieces of this pattern. The set-up position has the arms to the side with palms up so the upper body cannot contribute to stability by pressing into the ground. The ASLR is often misunderstood as a hamstring test but it requires us to perform extension on the down leg while at the same time performing flexion of the raising leg. This requires appropriate stabilization of the pelvis and lumbar spine before and during the execution of the movement. Don't forget that you are grading a pattern involving two legs and a degree of core control. The ASLR is another screen that uses body relative measurements of the individual's mid-thigh and mid-patella for the scoring criteria.

Your Result:

Summary: ▪ Vertical line of the malleolus resides between mid-thigh and joint line ▪ The non-moving limb remains in neutral position

FMS Active Straight Leg-Raise (Right)

The reciprocal lower body pattern is screened using the Active Straight Leg Raise screen (ASLR). Lumbo-pelvic control, extension of the down leg and flexion of the raising leg are the component pieces of this pattern. The set-up position has the arms to the side with palms up so the upper body cannot contribute to stability by pressing into the ground. The ASLR is often misunderstood as a hamstring test but it requires us to perform extension on the down leg while at the same time performing flexion of the raising leg. This requires appropriate stabilization of the pelvis and lumbar spine before and during the execution of the movement. Don't forget that you are grading a pattern involving two legs and a degree of core control. The ASLR is another screen that uses body relative measurements of the individual's mid-thigh and mid-patella for the scoring criteria.

Your Result:

Summary: ▪ Vertical line of the malleolus resides between mid-thigh and joint line ▪ The non-moving limb remains in neutral position

FMS Trunk Stability Push-Up

The reactive sagittal plane pattern is screened using the Trunk Stability Push-up (TSPU). The TSPU screen has you start in an extended push-up position on the ground then asks you to press up while maintaining the trunk position to resist extension forces. This start position of the TSPU creates a reflexive challenge to the pattern. The gender-based hand position accounts for the difference in upper body mass and strength. TSPU is not meant to test upper body strength in isolation. The goal is to use the upper body movement in this position to challenge the trunk stability pattern.

Your Result:

Summary: ▪ Men perform a repetition with thumbs aligned with the chin ▪ Women perform a repetition with thumbs aligned with the clavicle ▪ The body lifts as a unit with no lag in the spine

FMS Rotary Stability (Left)

The reactive tri-planar pattern is screened with the Rotary Stability screen. This screen is not designed to replicate crawling, even though crawling may be very restorative and corrective for this pattern. It is better to consider this a perturbation challenge. Perturbation literally means an agitation or a loss of balance. The change in base of support when you lift an arm and a leg forces the need for a shift and disturbance to your stability that requires the body to react quickly and communicate using the deeper core musculature to maintain the position. Not many people practice the unilateral movement seen in this screen and there is an obvious inability to do it when someone fails this motor control challenge. Many individuals focus on fact that they cannot perform the unilateral challenge rather than the fact that they show a fundamental level motor control by successfully completing the diagonal challenge in this screen. An opportunity presents itself when people cannot perform the diagonal pattern due to the lack of mobility that prevents them from accessing it

Your Result:

Summary: ▪ Inability to perform a diagonal repetition

FMS Rotary Stability (Right)

The reactive tri-planar pattern is screened with the Rotary Stability screen. This screen is not designed to replicate crawling, even though crawling may be very restorative and corrective for this pattern. It is better to consider this a perturbation challenge. Perturbation literally means an agitation or a loss of balance. The change in base of support when you lift an arm and a leg forces the need for a shift and disturbance to your stability that requires the body to react quickly and communicate using the deeper core musculature to maintain the position. Not many people practice the unilateral movement seen in this screen and there is an obvious inability to do it when someone fails this motor control challenge. Many individuals focus on fact that they cannot perform the unilateral challenge rather than the fact that they show a fundamental level motor control by successfully completing the diagonal challenge in this screen. An opportunity presents itself when people cannot perform the diagonal pattern due to the lack of mobility that prevents them from accessing it

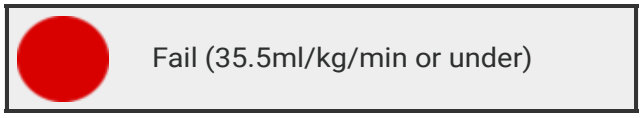
Your Result:

Summary: ▪ Performs a correct diagonal repetition ▪ The diagonal knee and elbow meet over the board ▪ Without touching down, touch the opposite elbow and knee over the board

Treadmill Walk Performance Test

The Chester Walk Performance Test (Sykes 2007) is a 12-minute graded, treadmill walk test designed to assess whether or not the subject can achieve the minimum recommended standard for aerobic capacity, namely 42mlsO2/kg/min.

Your Result: 24 ml/kg/min



Summary: Unfortunately you failed your fitness test

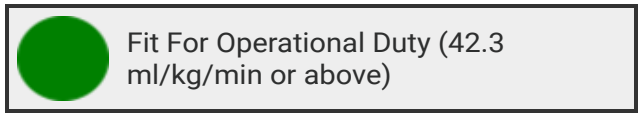
Comments:

You can add summary text here. Explain about the test more or recommend training information etc.

Chester Step Test

The Chester step test is an indirect measure of a person's aerobic capacity. The theory behind the test is that a person with a higher cardiorespiratory fitness will have a lower heart rate for any given work rate than an unfit person. A trained heart is able to expel more blood per beat (stroke volume) and so does not have to beat as often to meet the body's required cardiac output. In addition the heart rate of a fit person will recover faster than that of an unfit person. The Test is based on what is expected of fire fighter in the course of their normal duty and now is described as a 'Job Related Fitness Test' (JRFT) This JRFT makes no distinction between gender or age of the candidate, it is what is reasonably expected of every firefighter doing their duty.

Your Result: 42 ml/kg/min



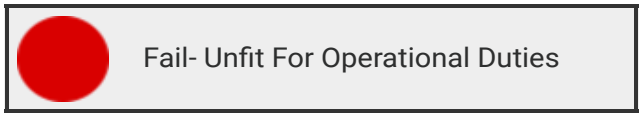
Summary: Your aerobic capacity is good and you have passed the fitness test. Having good stamina will not only allow you to perform you job role safely and effectively, but can reduce your risk of heart disease along with many health benefits. Well done, keep up the good work with regular aerobic exercise.

Comments:

You can add summary text here. Explain about the test more or recommend training information etc.

Drill Ground Assessment

Role based fitness assessment with equipment carry, BA set and hose-reel drag, casualty evacuation, running and hose running.



Your Result:

Summary: Removed From Operational Duties

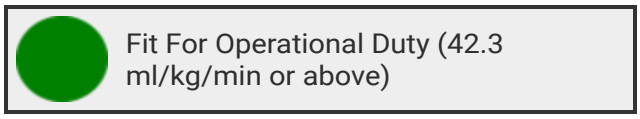
Comments:

HR will contact you today to discuss the result.

Multistage / Bleep Test

This test is designed to assess whether or not the subject can achieve the minimum recommended standard for aerobic capacity, namely 42mlsO2/kg/min. The Test is based on what is expected of fire fighter in the course of their normal duty and now is described as a 'Job Related Fitness Test' (JRFT) This JRFT makes no distinction between gender or age of the candidate, it is what is reasonably expected of every firefighter doing their duty

Your Result:	54 ml/kg/min



Summary: No further Action Required. Remain on Operational Duties. Your aerobic capacity is good and you have passed the fitness test. Having good stamina will not only allow you to perform you job role safely and effectively, but can reduce your risk of heart disease along with many health benefits. Well done, keep up the good work with regular aerobic exercise.

Comments:

You can add summary text here. Explain about the test more or recommend training information etc.