

Client Bio
Age 35
Working mom of 3 kids

Testing Results

Jennifer recently received a free fitness assessment at a local gym as part of a marketing promotion. Below are her testing results:

Body Composition: Height 5'6" Weight 175 lbs

Aerobic Testing: She completed the 12 minute run test with a distance of 1.1 miles

Muscular Strength:

- YMCA Bench Press Test: Completed 12 repetitions
- YMCA Half Sit Up Test: Completed 31 repetitions

Flexibility: She completed the Sit and Reach test with a score of 13 inches

Barriers and Lifestyle

Jennifer is a very busy woman! She is a single mother with 3 children (ages 10, 8 and 5). She works as an office manager and sits behind a desk for 8 hours each day. She struggles to find time to keep the household running, shop for and prepare meals and work full time. She also has limited financial resources and cannot afford a gym membership or expensive exercise equipment. As a result of her busy schedule, she often puts herself last and rarely makes time to be physically active. Her favorite physical activity is walking, but unfortunately she was only able to go for a walk two times in the last month.

At their last annual check-up, the children's pediatrician told Jennifer that all three children are considered overweight and encouraged Jennifer to find ways to get the kids to engage in daily physical activity.

Risk Status

Jennifer answered "Yes" to #6 on the PAR-Q since she has high blood pressure. Her doctor has cleared her for exercise since she keeps it under control with medication. She sees her physician every 6 months.

Goals

Jennifer wants to incorporate more physical activity into her life. She wants to improve her cardiovascular endurance and also lose weight. She would love to find a way to involve her children in her workouts so that she can set a great example for her family. Finally, her long-term goal is to reduce her dependence on her blood pressure medications and instead control it by achieving a healthy weight and active lifestyle.

Client Audio Transcript

Hello, my name is Jennifer and I'm a busy 35-year-old single mother of three boys; ages eight, ten and five. I work full-time as an Office Manager and I sit working at my computer for at least eight hours each day. I have my hands full. At home, as I balance many tasks such as shopping for and

preparing meals, doing laundry, cleaning the house, driving the boys to their activities and helping them with their homework. Needless to say, there isn't much time left for me to add in any physical activity into my day. My favorite form of exercise is walking but I only managed to go for two walks in the last month. I am over weight and I take medication daily for my high blood pressure. I'm also worried about my sons, since they are all over weight too. My doctor told me that if we don't change our lifestyle, I or my kids will develop diseases prematurely and our quality of life will be affected. Our finances are limited so I cannot afford expensive gym equipment. My doctors also said that I should incorporate more physical activity into my life, improve my cardiovascular endurance, and loose weigh. If I do this, I would love to find a way to involve my sons as well so that I can set a great example for my family. Finally, my doctor also mentioned that I could reduce my dependence on blood pressure medications if I begin to exercise more frequently and lose weight.