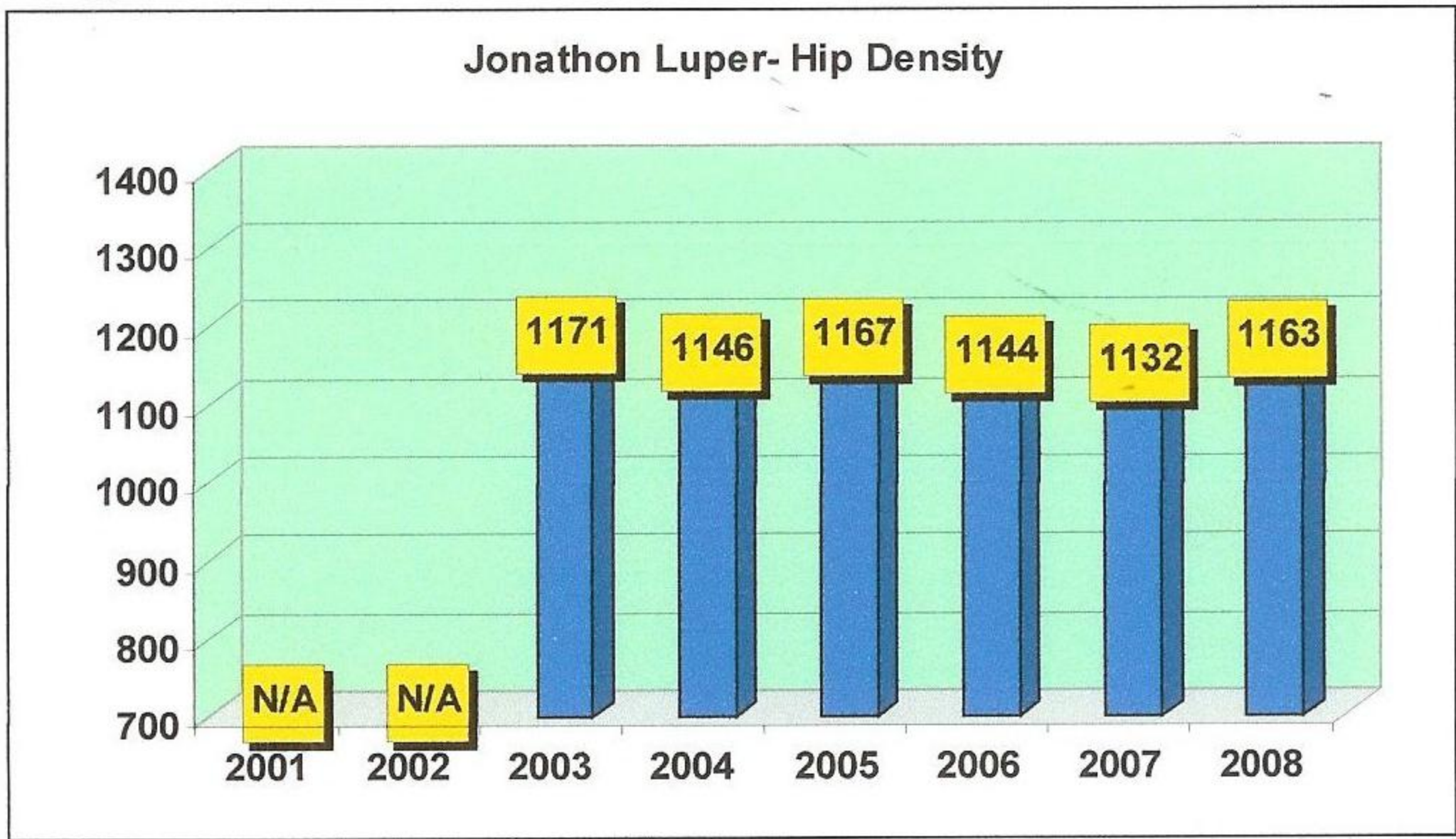
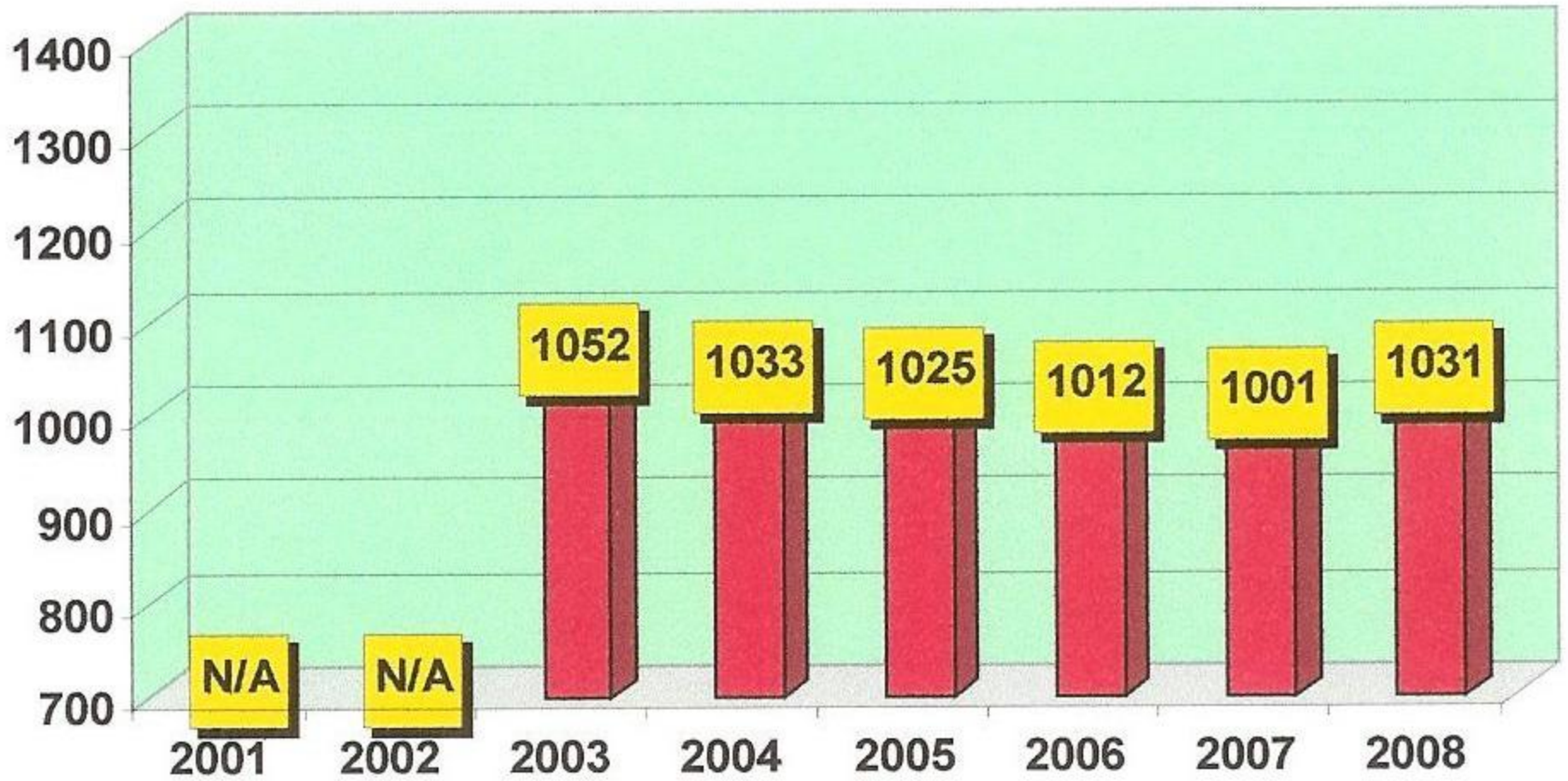


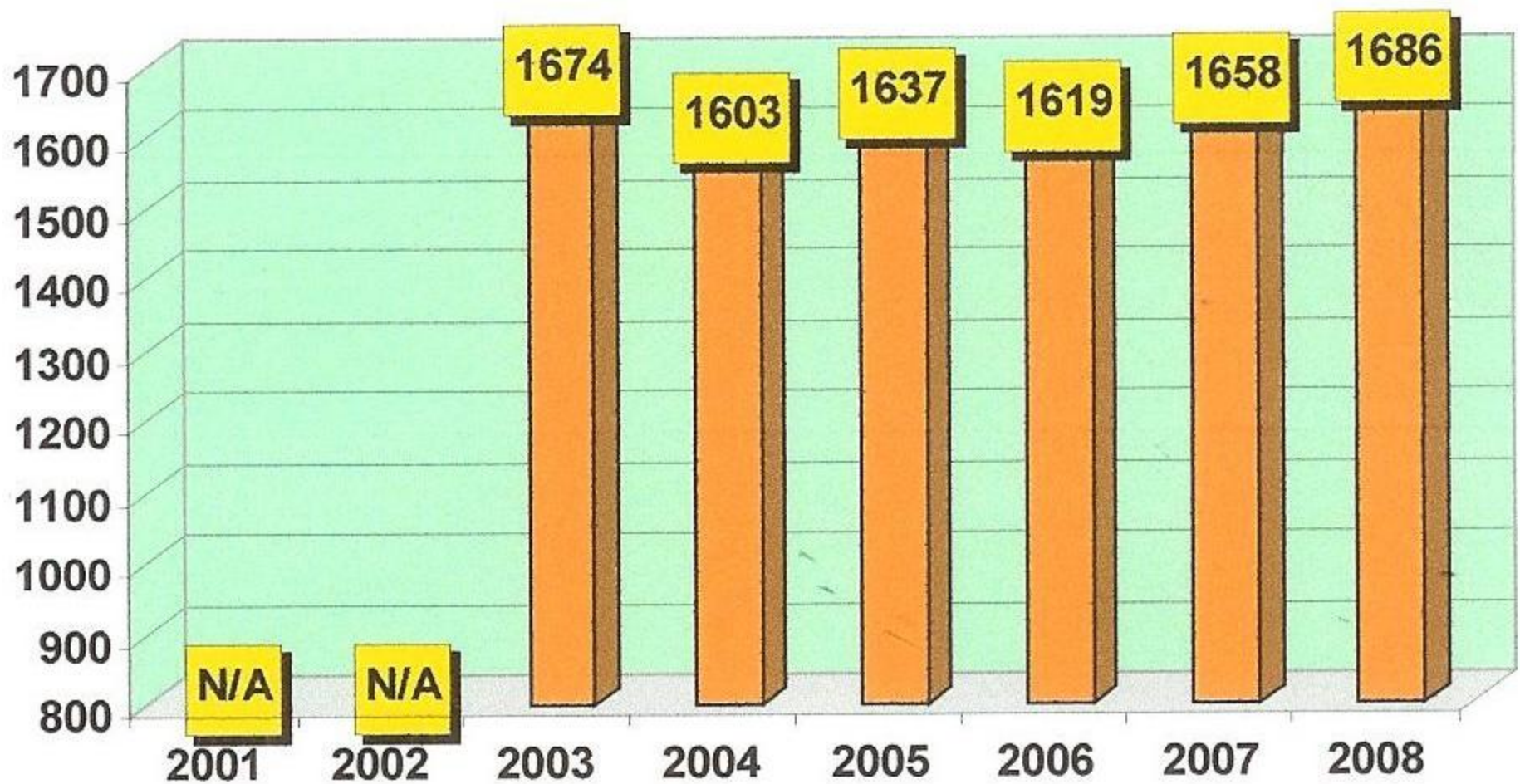
7) **Bone Densitometry.** A DEXA bone densitometry examination of your left hip, left femoral neck, and your lumbar spine was performed. This test revealed that the bone mineral density of your hip measures at 1163mg/cm². This result is 0.13 standard deviations above the peak bone mass expected for a Caucasian male. The bone mineral density of your femoral neck was measured at 1031mg/cm². This result is 0.62 standard deviations below the peak bone mass expected for a Caucasian male. The bone mineral density of your lumbar spine was measured at 1686mg/cm². This result is 2.19 standard deviations above the peak bone mass expected for a Caucasian male. Based on these results, your bone mineral density is normal for your age.



Jonathon Luper- Femoral Neck Density



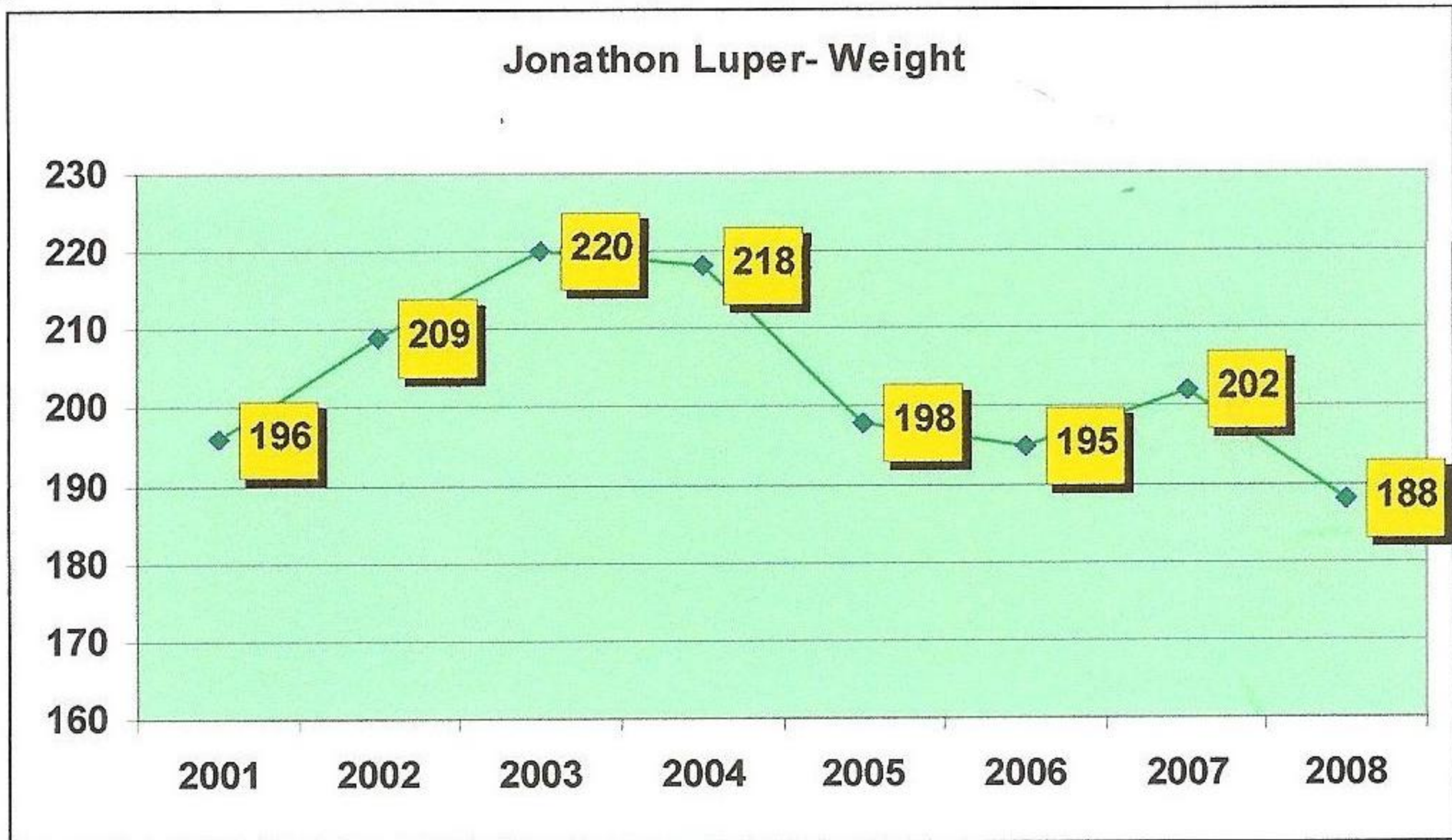
Jonathon Luper- Spine Density



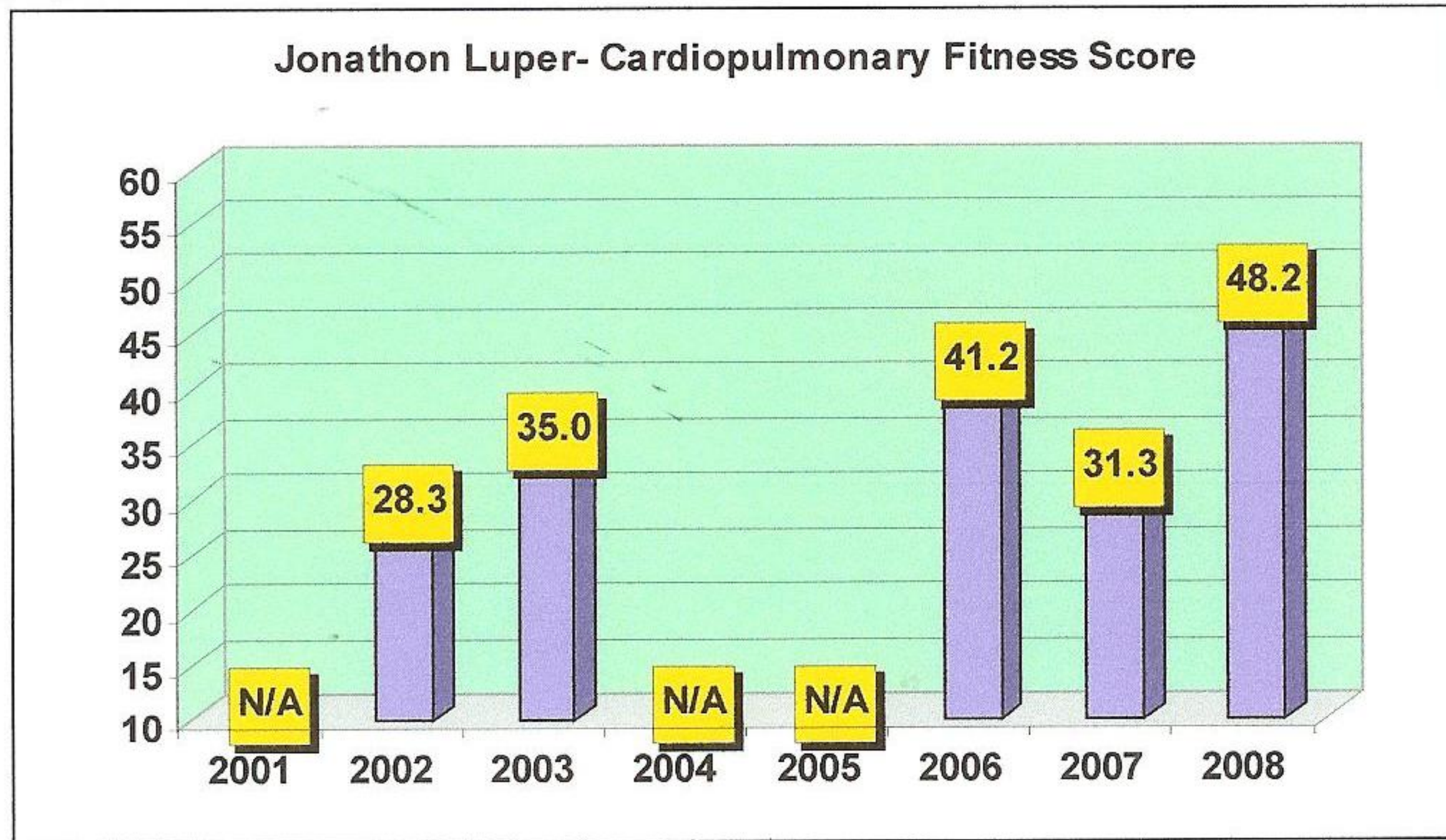
	Jan/2007	Mar/2008	<u>Normal Values</u>
K) HGBA1C	6.3	6.1	(4.0-6.3)
L) Testosterone	462	544	(>270)

2) **Weight.**

	Jan/2007	Mar/2008
	202 lbs.	188 lbs.



- 3) **Exercise Treadmill test.** You walked on the treadmill for a total of 18 minutes on the Bruce Protocol. Compared to last year, your exercise time has increased by approximately four minutes. This test analyzes the findings and tracings of your heart, and it did not reveal any abnormalities or evidence of shortage of blood flow to your heart muscles.
- 4) **Cardiopulmonary Stress Test.** This test assesses your overall Cardio-Respiratory Fitness Status. It revealed that your maximum oxygen uptake capacity (VO₂Max) was 48.2ml/kg/min. This value is at 133% of predicted compared to others in your age and sex group. Based on this test you are in the "well- conditioned" functional classification category.

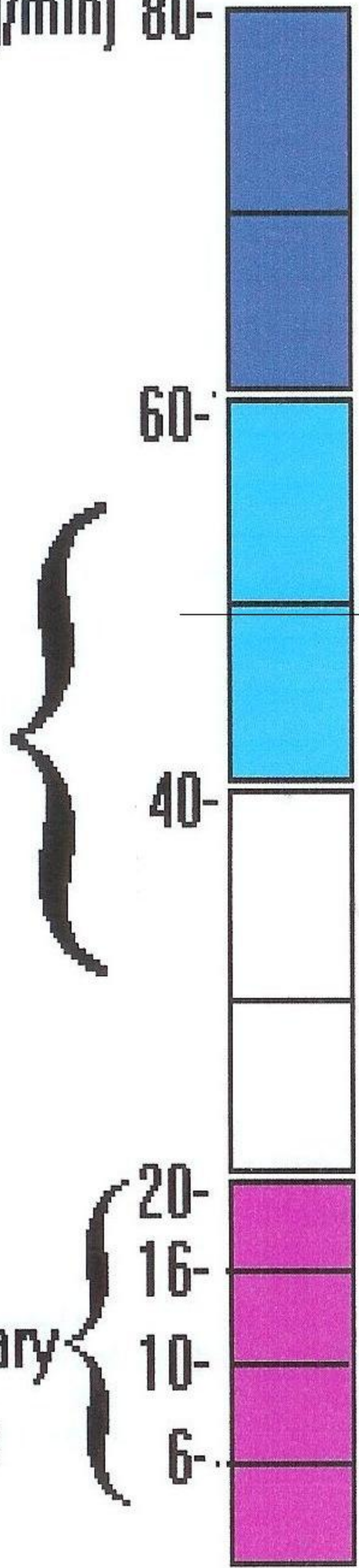


VO2 Max. (Peak)
(ml/kg/min) 80-

FUNCTIONAL CLASSIFICATION

Normal
Range

Cardio-
Pulmonary
Disease



ELITE ATHLETE

WELL CONDITIONED

FIT/CONDITIONED

DECONDITIONED: Aerobic Exercise Program Recommended

MILD TO MODERATE AEROBIC IMPAIRMENT

MODERATE TO SEVERE AEROBIC IMPAIRMENT

SEVERE AEROBIC IMPAIRMENT

VERY SEVERE AEROBIC IMPAIRMENT

**YOUR VO2 MAX:
48.2 mL/kg/min**

1) Laboratory Blood Tests.

	Jan/2007	Mar/2008	<u>Normal Values</u>
Blood Sugar level.	98	93	(less than 110)
Cholesterol Panel.			
Total Cholesterol	202	165	(less than 200)
LDL (undesirable cholesterol)	127	99	(less than 130)
HDL (good cholesterol)	57	57	(greater than 35)
Triglycerides	92	44	(less than 200)
Cholesterol to HDL Ratio	3.54	2.89	(less than 3.8)

