



## Follow-up document Fit Check

Dear participant,

We think it's great that you participated in our Fit Check! Because, to measure is to know! Keep in mind that all tests are just indications and scores are estimates. Now that you have done some tests and know your score, you might want to know why the test is relevant and what your score says and how to improve it. Don't worry, in this follow up document all those questions will be answered!

To help you on your way, you will find a few useful tips, information and helpful exercises in this document. If you have any questions after reading this document, you can always contact us via [y.c.h.d.kinkelder@tue.nl](mailto:y.c.h.d.kinkelder@tue.nl).

### What's next?

Did you find the Fit Check very helpful, but could still use some help or find it interesting to learn more about a particular topic? Then the following consultation hours, courses or workshops are a good follow up!

#### Food advice

Do you need that first step in the right direction to reach your nutrition goals? Or are you already on your way with a plan, but could use some (extra) guidance? Then contact our Food Coach Yvonne de Kinkelder. In a 30-minute consultation you can ask questions, get tips and discuss the various aspects of nutrition.

[Plan your Food advice here](#)

#### Fitness advice

Would you like more information, a fitness schedule or tips about sports and exercise? Then plan a free fitness advice with one of our fitness instructors.

[Plan your Fitness advice here](#)

#### Physio advice

Are you experiencing any physical complaints during your daily life or during your training sessions? Would you like to get more insight into preventing complaints before they arise? The SSC offers free physio advice consultation hours of 25 minutes. Our physiotherapist Rebeka can provide you with the necessary treatment options and give you insight into your condition.

[Plan your Physio advice here](#)

Scan the code to register  
for one of the advices →





## Workshops

During the year, the SSC offers several workshops and webinars with different themes, such as:

- Webinar No Meat! What else?
- Workshop Create your own nutrition schedule
- Workshop Reading food labels for beginners
- Workshop Positive thinking in work, study or sport
- Workshop Goalsetting or Positive selftalk

The workshops usually take place in the Open Weeks or during the Vitality Week. For more information, please contact [m.v.lint@tue.nl](mailto:m.v.lint@tue.nl).

## Personal training

Would you like more one-on-one guidance in food and sports, then a personal trainer might be something for you. During these Personal Training sessions, one of our qualified instructors will guide you through a safe and effective lifestyle program.

[Click here for more information about Personal Training](#)

## Courses

During the year, the SSC offers several courses with different themes, such as: Lifestyle course, Back on track or KANS/RSI instruction. For more information, please contact [ssc.courses@tue.nl](mailto:ssc.courses@tue.nl).



# Test results, useful tips & exercises

## 1. General Health | Blood pressure

Long-term high blood pressure is not healthy for your blood vessels and your heart. If your blood pressure is too high for a long time, you have a higher risk of cardiovascular diseases.

### Score card

| Situation:                       | Upper pressure in mmHG    | Under pressure in mmHG    |
|----------------------------------|---------------------------|---------------------------|
| Low blood pressure               | $\leq 100$                | $\leq 60$                 |
| Normal blood pressure            | $\leq 135$ and $\geq 101$ | $\leq 85$ and $\geq 61$   |
| Slightly elevated blood pressure | $\leq 160$ and $\geq 136$ | $\leq 100$ and $\geq 86$  |
| High blood pressure              | $\leq 180$ and $\geq 161$ | $\leq 110$ and $\geq 101$ |
| Alarmingly high blood pressure   | $\leq 181$                | $\leq 111$                |

### Useful tips

Not satisfied with your score and want to do something about it? Take advantage of our offer.





- Different free advices, such as: Food, Fitness and Physio advice.
- Do you want to change your lifestyle? Then sign up for our Lifestyle course!
- Try out a new sport, [click here for our sports offer](#) or [scan the QR code](#) →



### Did you know ...

With a healthy lifestyle you can lower your blood pressure and keep your blood pressure steady. Do you want to get rid of your "bad" eating and/or living habits? Start with small steps by writing them down. Set realistic and achievable weekly goals for yourself, only then will you eventually reach your dream goal!

*For example:*

-  Drink a glass of water with every meal
-  Walk at least 30 minutes every day
-  Make sure to get at least 7 hours of sleep every night
-  Reduce your salt intake



## 2. General Health | Body composition scan

The body composition scan is an internationally used measure that shows whether you are a healthy weight in relation to your height. The body composition scan provides an estimate of how healthy your body weight and fat percentage is.

### Score card

| Situation:             | Fat percentage Male         | Fat percentage Female       |
|------------------------|-----------------------------|-----------------------------|
| Low fat percentage     | $\leq 7\%$                  | $\leq 21\%$                 |
| Healthy fat percentage | $\geq 8\%$ and $\leq 20\%$  | $\geq 22$ and $\leq 33\%$   |
| Higher fat percentage  | $\geq 21\%$ and $\leq 25\%$ | $\geq 34$ and $\leq 39,5\%$ |
| Obese fat percentage   | $\geq 26\%$                 | $\geq 40,5\%$               |

*\*These standards apply to people between 20-39 years old, if you are older or younger, ask our employee for a different scale.*

| Situation:     | BMI score                 |
|----------------|---------------------------|
| Underweight    | $\leq 18,5$               |
| Healthy weight | $\geq 18,6$ and $\leq 25$ |
| Overweight     | $\geq 25,1$ and $\leq 30$ |
| Obese          | $\geq 30,1$               |

### Useful tips

Not satisfied with your score and want to do something about it? Take advantage of our offer.

- Do you need that first step in the right direction to reach your nutrition goal? Then contact our Food Coach Yvonne de Kinkelder ([ssc.foodcoach@tue.nl](mailto:ssc.foodcoach@tue.nl)).
- During the year, the SSC offers several workshops, such as 'Create your own nutrition schedule'.
- Do you want to step on the scale more often to keep track of your progress? Then visit our fitness and ask one of our instructors for a measurement without an appointment.

### Did you know ...

Weight is a number that says little about your body. It is important to know that weight is influenced by various factors and therefore says little about your body composition. Your muscle mass, moisture content, but also your weighing moment, influences your bodyweight.

So don't let the weight scale guide you, but make sure you can track your results in other ways. Keeping track of your abdominal girth, taking photos of your body or the observation your clothes start to get loose are good ways to see if your lifestyle changes are actually having an effect.



### 3. Flexibility | Sit and reach test

The Sit and Reach test measures the flexibility of the spine and the length/flexibility of the hamstrings. Flexibility improves your performance in physical activities, decreases your risk of injuries and helps your joints move through their full range of motion.

#### Score card

| Situation:     | Male                         | Female                       |
|----------------|------------------------------|------------------------------|
| Stiff          | $\leq -5$ cm                 | $\leq -4$ cm                 |
| Slightly stiff | $\geq -6$ cm and $\leq 3$ cm | $\geq -5$ cm and $\leq 5$ cm |
| Flexible       | $\geq 4$ cm and $\leq 6$ cm  | $\geq 6$ cm and $\leq 8$ cm  |
| Very flexible  | $\geq 7$ cm                  | $\geq 9$ cm                  |




#### Useful tips

Not satisfied with your score and want to do something about it? Take advantage of our offer.

- Are you experiencing any physical complaints during your daily life or during your training sessions? Then contact our physio therapist Rebeka Trca ([r.trca@tue.nl](mailto:r.trca@tue.nl)).
- Join one of the group classes such as Yoga or Pilates, or follow another class. [Click here for an overview of all group lessons](#) or [scan the QR code](#) →



#### Did you know ...

-  If you do stretching exercises or yoga at least twice a week, you will keep track of the flexibility in the muscles and you will notice that you are becoming more flexible.
-  Research shows that you should hold an exercise for at least 30 seconds so that you seriously train your flexibility. So do not do the exercises when you are in a hurry, but make sure you really take the time.
-  Do not immediately stretch to the maximum if your muscles are not warm. So first make sure you have a build-up in the racks. You can do this by building up the exercise in three times. First get used to it, then a little further and then maximum. Always listen to your body and don't force anything!



## 4. Strength | Pinch force

A person's hand grip strength is widely accepted as a simple but valid way to estimate overall muscle strength.

### Score card

| Situation:             | Male                        | Female                      |
|------------------------|-----------------------------|-----------------------------|
| Mediocre pinchforce    | $\leq 36,8$                 | $\leq 21,5$                 |
| Good pinchforce        | $\geq 36,9$ and $\leq 57,5$ | $\geq 21,6$ and $\leq 41,4$ |
| Very strong pinchforce | $\geq 57,6$                 | $\geq 41,5$                 |







### Useful tips

Not satisfied with your score and do you want to do something about it? Take advantage of our offer.

- Would you like more information and tips about sports and exercise? Then plan a free fitness advice with one of our fitness instructors.
- During the year, the SSC Fitness offers several workshops and lessons, such as HIIT workout and Small Group training. For more information contact [ssc.fitness@tue.nl](mailto:ssc.fitness@tue.nl).
- Do you already fitness every week? Make sure you train with free weights more often. This way you prevent one side from getting stronger and you get more strength in your grip.

### Did you know ...

The correct posture during fitness exercises or group lessons is extremely important. It prevents injuries and training in the wrong way. These are the 6 body check points to remember:

-  Feet hip width, toes forward
-  Knees and elbows bent (never locked)
-  Back straight (tilt hips & tighten stomach/buttocks)
-  Shoulders back and down (chest forward)
-  Looking forward
-  Exhale when you apply strength





## 5. Strength | Push ups

The push up test is a good way to test the muscle strength and endurance of your upper body.

### Score card

| Situation:    | Male                    | Female                  |
|---------------|-------------------------|-------------------------|
| Poor          | $\leq 4$                | $\leq 0-1$              |
| Mediocre      | $\geq 5$ and $\leq 9$   | $\geq 2$ and $\leq 6$   |
| Average       | $\geq 10$ and $\leq 16$ | $\geq 7$ and $\leq 11$  |
| Above average | $\geq 17$ and $\leq 29$ | $\geq 12$ and $\leq 22$ |
| Good          | $\geq 30$ and $\leq 39$ | $\geq 23$ and $\leq 30$ |
| Very good     | $\geq 40$ and $\leq 47$ | $\geq 31$ and $\leq 36$ |
| Excellent     | $\geq 48$               | $\geq 37$               |

### Useful tips



Not satisfied with your score and want to do something about it? Take advantage of our offer.

- Would you like more information and tips about sports and exercise? Then plan a free fitness advice with one of our fitness instructors.
- Every quartile there is a Fitness Beginners Course “Start your Journey”. During this course, you learn how to handle the machinery in a safe and effective manner, how to exercise with the free weights and which compound exercises you can do.
- Join one of the group classes such as HIIT-Grit Strength or Cardio, or follow another class.

[Click here for an overview of all group lessons](#) or [scan the QR code](#) →



### Did you know ...

-  Other chest exercises improve your strength during the push-up as well. Go to the gym and try the chest-press machine. If you need some help or tips, you can always ask an fitness instructor to help you.
-  You can make a push-up easier by doing it on your knees or by putting your hands on a higher object. Like this you can make more repetitions.



## 6. Balance | One leg balance test

Better body balance makes it easier to move and helps prevent injuries. But it's a “use it or lose it” kind of thing, which means it's important to practice balance at all ages. Especially at an older age balance is important for fall prevention.

### Score card

| Situation:            |                  |
|-----------------------|------------------|
| Above average balance | < 3 - 4 attempts |
| Average balance       | 3 - 4 attempts   |
| Below average balance | > 3 - 4 attempts |

*\*This standard applies to people between the ages of 18-39, if you are older or younger, ask our employee for a different scale.*

### Useful tips




Not satisfied with your score and want to do something about it? Take advantage of our offer.

- Are your muscles cramped or is your neck completely stuck? Could you use a massage? You can schedule a massage via the SSC for only 20 euros.
- Never forget your daily active breaks during study or work with our Fit Breaks! Get some fresh energy, stretch your muscles and work on your balance. We have a Fit Break Club! When you join our club, you'll never forget to take that 15-minute break again. Send an email to [y.c.h.d.kinkelder@tue.nl](mailto:y.c.h.d.kinkelder@tue.nl) to become a free member.
- Join one of the group classes such as Yoga or Core stability, or follow another class.

[Click here for an overview of all group lessons](#) or [scan the QR code](#) →



### Did you know ...

-  Did you know that brushing your teeth on one leg every day significantly improves your balance. In addition, it is also good for your ligaments and muscles around your ankle.
-  Did you know that during the group lesson Core Stability they also focus on balance.
-  Focus is very important in keeping balance. Therefore, focus on one point during an exercise. For example, a point on the wall or a spot on the floor. Within Yoga they call this focus point a Drishti.





## 7. Condition | Vo2Max

VO<sub>2</sub> max can be used as a representation of how much oxygen your body uses during exercise at a maximum effort. This formula can be used to estimate functions of both your central factors (blood, lung, heart), and peripheral (skeletal muscles) factors. In other words, how much oxygen your heart can pump and how much of that oxygen your skeletal muscles can use.

### Score card

| Situation:    | Male                    | Female                  |
|---------------|-------------------------|-------------------------|
| Poor          | $\leq 31$               | $\leq 27$               |
| Mediocre      | $\geq 32$ and $\leq 37$ | $\geq 28$ and $\leq 31$ |
| Average       | $\geq 38$ and $\leq 43$ | $\geq 32$ and $\leq 36$ |
| Above average | $\geq 44$ and $\leq 49$ | $\geq 37$ and $\leq 41$ |
| Good          | $\geq 50$ and $\leq 55$ | $\geq 42$ and $\leq 45$ |
| Very good     | $\geq 56$ and $\leq 61$ | $\geq 46$ and $\leq 50$ |
| Excellent     | $\geq 62$               | $\geq 51$               |

### Useful tips



Not satisfied with your score and want to do something about it? Take advantage of our offer.

- During the year, the SSC Fitness offers several courses, such as Running beginners course.
- Join one of the group classes such as cardio Core or Spinning, or follow another class.

[Click here for an overview of all group lessons](#) or [scan the QR code](#) →



### Did you know ...

-  Did you know that you can also perform this test independently in the fitness on one of the bikes. Ask an instructor for more information.
-  If general cardio workouts are not for you, have you tried to work on your condition while dancing? The SSC offers different dance classes and courses. Check our website for more information!