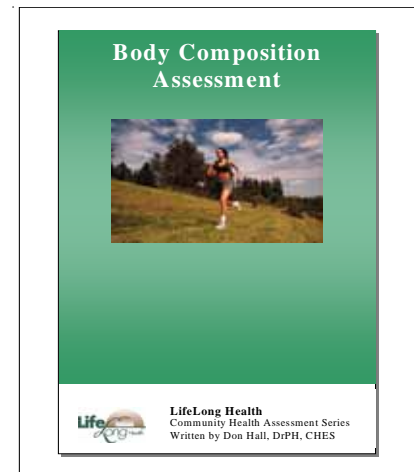


Body Composition Assessment

The *Body Composition Assessment* is a computerized program on CD-ROM. The CD includes software, instructions, interactive calculators, a health presentation in PowerPoint© format, reference materials, and speaker notes for each slide to print if a reference notebook is desired.

The program is designed to work under Microsoft's Internet Explorer browser available as a free download.

Individual one-page participant reports can be printed on plain paper, e.g., Percent Body Fat, and Body Composition. The *Body Composition Assessment* program used in conjunction with percent body fat testing equipment such as the Omron Body Fat Analyzer is a crowd-gatherer at Fairs or Malls.



Assessment CD: AS1010-I

Health Practices & Assessment Package on CD:

- ◆ Complete instructions for on-screen use of the program
- ◆ Complete instructions for Percent Body Fat testing
- ◆ Complete resource and reference notebook to print from CD
- ◆ 32 graphics in PowerPoint© format - *no additional software needed*

Body composition basics

Risks of being overweight

Key principles for achieving a healthy weight

- ◆ Interactive calculators of various sorts
- ◆ Guidelines
- ◆ Norms for men and women

System requirements for PowerPoint® presentations:

Microsoft Windows 95 or higher - no additional software needed

To print slides: viewer included. LCD projector needed for large groups

Titles in the Community Health Assessment Series:

- ◆ Your Health Age (La edad de su salud)
- ◆ Healthy Foods Index
- ◆ Your Stress Profile (Su perfil de estrés)
- ◆ How Healthy is Your Lifestyle?
- ◆ Your Coronary Risk (Su riesgo de cardiopatía) ◆ ¿Qué tan saludable es su modo de vida?

About LifeLong Health

LifeLong Health is a registered product line of health resources for community health outreach. It is offered by Wellsource, Inc., a leader in corporate health assessment and prevention systems for 20 years. The LifeLong Health® product line is based on current evidence-based scientific research, and is designed for volunteer health leaders to use as effective lifestyle improvement facilitators. The product line includes ready-to-use health assessment software, health presentations, and attractive printed materials. Each resource is based on population research and offers common sense, applicable recommendations.

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For information or to order, call

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