

TriFIT™ HEALTH ASSESSMENT SOFTWARE

COMPREHENSIVE ASSESSMENT AND REPORTING

Polar's TriFIT Software is an easy-to-use tool that allows physical educators to assess individual students or entire classes efficiently and with greater accuracy. Teachers have the ability to customize health improvement programs and can create and print reports on student fitness levels and trends.

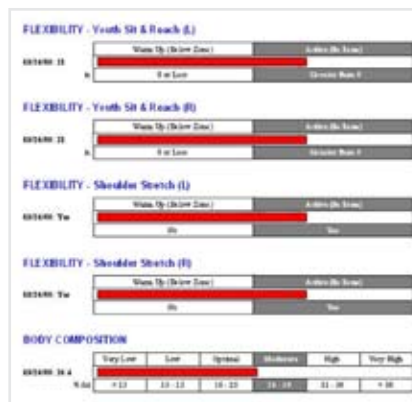
TriFIT Software features a Fitness Assessment and Exercise Planner program* that contains a variety of popular youth protocols including President's Challenge, YMCA, and several others. With TriFIT Software, teachers can design student programs based on target body composition, caloric intake goals, cardiovascular fitness and weight training routines, all which support a student's personal objectives and level of ability.

Includes age and gender specific templates for:

- Teenage boys and girls programs
- Fitness optimization
- Weight loss
- Weight training
- Sport-specific programs

An integral part of the TriFIT System, TriFIT Software can be purchased separately for use on individual computers or school networks — just input fitness test scores from your records, or synch your Companion™ Pocket PC to the computer you're using.

The software also includes several built-in templates for cardiovascular endurance, muscular strength and endurance protocols, and features a Template Builder to ensure teachers meet specific course needs.



A NEW DIRECTION FOR A HEALTHIER FUTURE

BIOMETRICS

- Interactive blood pressure
- Interactive body weight
- Girth measurements
- Blood chemistries
- Hip-to-waist ratio
- Body mass index

BODY COMPOSITION

- Interactive site skinfolds for youths and adults
- Circumference
- Impedance entry
- Compatible with Tanita® bioimpedance scale

FLEXIBILITY

- Interactive modified sit and reach test
- Youth protocols
- Shoulder and trunk rotations

CARDIOVASCULAR ENDURANCE

- Interactive bike ergometer tests
- Interactive treadmill tests
- 20-meter shuttle run
- Field tests (Cooper 12-minute run, 3-minute step test, etc.)
- Youth tests

MUSCULAR STRENGTH & ENDURANCE

- Interactive bicep strength test
- Youth and adult field tests
- 1-rep max protocols

POLAR®
LISTEN TO YOUR BODY

* Each program has been designed and reviewed for safety and efficacy by exercise physiologists.

OPTIONAL PROGRAM MODULES

HEALTH RISK APPRAISAL

Analyze personal health history and current lifestyle habits to estimate risk for illness. Create custom topics, questions and answers. Includes several interactive youth and adult health assessments as well as Center for Disease Control (CDC) Youth Risk Behavior Surveys for:

- Tobacco
- Stress
- Alcohol and Drugs
- Depression
- Nutrition
- Safety
- Diabetes
- Heart Disease

GROUP REPORTING

Compare the fitness improvements of one class, grade or even an entire school as a result of your program. Customize up to 16 fields to organize students and create unlimited group and statistical reports with the Query Builder. Automatically represents all statistics and data graphically to allow for a clear comparison and a better understanding.

MEAL PLANNER

Access nine different meal templates designed by nutrition professionals and based on the American Dietetic and Diabetic Associations. Every template analyzes each student's body fat, lean body mass and activity level to calculate an exact caloric goal. TriFIT Software converts caloric values into food exchanges in an easy-to-understand format, giving the student practical, real-life information.

TEMPLATE BUILDER

Utilize more than 50 cardiovascular endurance, muscular strength and endurance and meal plan templates or create an unlimited number of your own customized programs. Students can use the Template Builder to create their own programs or modify existing ones.

NETWORKING

Share the same student list and health assessment scores between all of your TriFIT Systems. This prevents duplicate data entry and makes reporting on the entire school or district easy. Networking licenses available from single to 30 users.

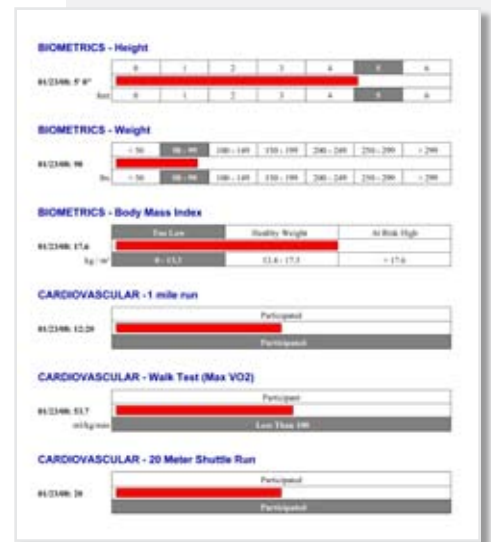
CONTACT INFORMATION

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"Students are really interested in seeing the graphical summary and how well they did on the fitness tests. They set personal goals after reviewing the information."

Marcia Schmidt,
Physical Educator,
Hortonville High School,
Wisconsin



The extensive reporting capabilities of TriFIT Software allow teachers to develop student profiles, create graphical and data summaries and build trend reports. The reports make it simple to document and share successes with students, parents, administrators, school boards, and funding organizations.

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