



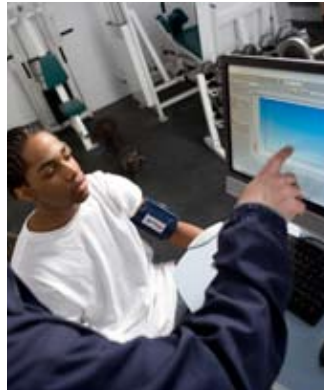
## TriFIT™ 700 & 620 HEALTH ASSESSMENT SYSTEMS

### ASSESS YOUR STUDENTS FAIRLY. USE FACTS TO MOTIVATE THEM.

Polar TriFIT 700 and 620 Systems are health and wellness stations used by physical educators to administer fitness assessments and document results. These integrated systems provide teachers with the ability to track individual and class fitness levels across activities, and customize exercise and nutrition programs for each student.

#### TriFIT 700

The TriFIT 700 System is an integrated health management station that includes everything a teacher needs to create complete health profiles of individuals and groups using a variety of popular youth protocols like the President's Challenge, YMCA and more. Additionally, teachers can create customized exercise and nutrition programs for each student to help instill healthy habits and a lifetime of wellness.



The TriFIT System's systematic collection of data supplies physical educators with accurate measures for internal and external measures of fitness, including the *5 Health Related Components of Fitness*<sup>1</sup>. Used with TriFIT Software, physical educators are able to provide documented feedback to students, parents and school administrators.

#### TriFIT 620

The TriFIT 620 System is a portable version of TriFIT 700 that turns most computers into a fully-equipped wellness center. With the TriFIT 620, you can perform complete health and fitness assessments on individual students or an entire class. The TriFIT 620 System is used with Windows 98, 2000, ME, XP or Vista on your desktop or laptop computer.

## REACH GOALS YOU NEVER DREAMED OF

#### 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**

<sup>1</sup> U.S. Department of Health and Human Services. Physical activity and health: a report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion; 1996.

# TriFIT™ 700 & 620 HIGHLIGHTS

FEATURES	TRIFIT 700	TRIFIT 620
<b>System</b>		
Computer Interface Unit	•	•
Integrated, Medical Grade Cart	•	
Dell Intel Pentium Computer System with Windows XP	•	
Hewlett Packard DeskJet® Color Printer	•	
<b>Interactive Fitness Testing Equipment</b>		
Skinfold Caliper	•	•
Wireless Polar Heart Rate System	•	•
Isometric Strength System	•	•
Modified Sit and Reach Station	•	•
Body Weight Platform	•	•
<b>TriFIT Software</b>		
Fitness Assessment and Exercise Planning Software (including President's Challenge and other assessment protocols)	•	•
Training Videos & Tutorials	•	•
<b>Reports</b>		
Student Personal Profile (up to 20 pages)	•	•
Graphical and Data Summary	•	•
Trend (compares 6 assessments)	•	•
Class Lists and Database Query	•	•
Parent Mail Merge Letters, Labels and Envelopes	•	•

## AVAILABLE OPTIONS

<b>Testing Equipment</b>		
Treadmill, System Interface and Software	•	•
Autobike, Interactive Testing Bike	•	•
Resting Blood Pressure and Heart Rate System	•	•
Lange Skinfold Caliper Upgrade	•	•
Tanita® Bioimpedance Scale	•	•
<b>TriFIT Software</b>		
Health Risk Appraisal (includes CDC Youth Risk Behavior Surveys)	•	•
Meal Planner	•	•
Group Reporting	•	•
Template Builder	•	•
<b>System</b>		
Network Ready (network hardware, software)	•	

Note: If you plan on purchasing the TriFIT Cart as an option, your computer must be no larger than: 16"D x 17"L x 4.25"H.

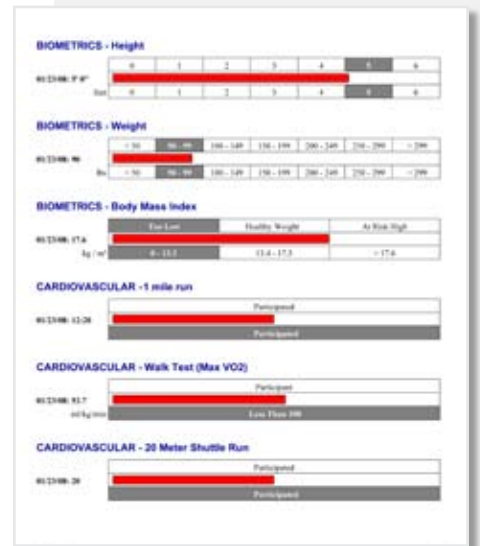
## CONTACT INFORMATION

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“The TriFIT System is a great way to keep track of a child's progress over the years. Not only is the program user friendly, but it allows for reports to be sent home to parents, building the continuity between school and home.”

Mary Padalino,  
 Physical Educator and  
 Health Teacher,  
 John F. Kennedy Middle School,  
 New York



TriFIT's Body Mass Index (BMI) references national standards set by the Center for Disease Control (CDC). Assess students according to the current accepted norms for all weight categories.

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