Physiological Measures
- Body composition
  - BMI, fat%, hip/waist
- Blood pressure
- Blood values
  - cholesterol/fat/sugar
  - VO2max
- Muscle strength
  - neck/shoulder
  - hand/arm
  - trunk
  - hip/knee
- Musculoskeletal pain
  - self-assessed
  - clinical assessment
- Postural balance

Training Categories
- Aerobic endurance
- Aerobic high intensity
- Power
  - HIIT and RFD
- Strength
  - body region specific
- Functional
  - balance
  - coordination
  - impact

Areas of Fitness
- Metabolic Fitness
- Cardiovascular Fitness
- Musculoskeletal fitness

Promotion of Health
- Diabetes
- Stroke
- Heart diseases
- Musculoskeletal disorders
- Risks of falls
- Osteoporosis