

Case Studies for Webinar

CASE STUDY 1

A 55-year-old male client presents with the following:

Height	5'3" (160 cm)
Weight	185 lb (83.9 kg)
BMI	32.8 kg·m ⁻²
Blood pressure (resting)	120/70 mmHg
Total cholesterol	245 mg·dL ⁻¹
Triglycerides	80 mg·dL ⁻¹
Blood glucose (fasting)	84 mg·dL ⁻¹
Smoking	Recreational smoker
Alcohol consumption	2-3 beers per day

Family history

Father had a double bypass at age 64

Sister has Type II diabetes

Medical history

He suffers chronic low back pain for the past two years. This low back pain occasionally requires him to miss work.

Exercise history

He initiated a resistance training program in his home two months ago and is now ready to continue his exercise program at your facility.

Goal

Become more active

CASE STUDY 2

An exercise professional is working with a 40-year-old female client.

Height	5'3" (160 cm)
Weight	125 lb (56.7 kg)
BMI	22.1 kg·m ⁻²
Heart rate (resting)	60 bpm
Blood pressure (resting)	100/70 mmHg
Total cholesterol	160 mg·dL ⁻¹
Triglycerides	100 mg·dL ⁻¹
Blood glucose (fasting)	92 mg·dL ⁻¹
Smoking	N/A
Alcohol consumption	Infrequent

Family history

Mother was an insulin dependent diabetic at the age of 48.

Father suffers from osteoarthritis of the knee and low back.

Medical history

Experiences chronic fatigue.

Recovered from childbirth by cesarean section five months ago.

Exercise history

Engaged in exercise sporadically over the past 10 years.

Experiences lightheadedness with exertion

Goal

This client is interested in initiating an exercise program to increase her energy level.

CASE STUDY 3

An exercise professional is working with a 36-year-old male. The client presents with the following:

Height	5'7" (170 cm)
Weight	180 lb (81.6 kg)
BMI	28.2 kg·m ⁻²
Heart rate (resting)	60 bpm
Blood pressure (resting)	126/88 mmHg
Total cholesterol	180 mg· dL ⁻¹
Triglycerides	150 mg· dL ⁻¹
Blood glucose (fasting)	83no mg· dL ⁻¹
Smoking	N/A
Alcohol consumption	Infrequent

Family history

No

Medical History

None to be reported

Exercise history

Physically active over the last 12 months.

Goal

He is interested in beginning an exercise program with exercise professional right away.