Fitness Assessment

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Age**: \_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Physiology | | | | Body Measurement | | | | Cardio-vascular  Endurance | | |
| Date |  |  |  | Date |  |  |  |
| Resting blood pressure  (<120/80) |  |  |  | Height  (ft./in.) |  |  |  | 1/2 Mile walk/run  (time in min. & sec.) | | |
| Weight  (pounds) |  |  |  | Date: | Date: | Date: |
| Resting heart rate  (60-120 bpm) |  |  |  | BMI |  |  |  |
|  | | | | % Body Fat |  |  |  |  | | |
|  | | | | | | | | | | |
| Blood Pressure  Blood-Pressure new guidelines  OR  OR  AND  AND  New Blood Pressure Guidlines  Lifestyle changes can lead to big improvements in your blood pressure and reduce your risk for heart problems:   * Losing weight * Eating heart healthy * Getting regular physical activity | | | **What is BMI?**  BMI stands for Body Mass Index, and is calculated using your weight and height, and is then used to find the corresponding BMI-for-age percentile for your age and sex. It is a quick way to tell if you are underweight, normal weight, overweight or obese.  **What is body fat percentage?**  Body fat includes both essential and stored body fat. Essential body fat is necessary to maintain life and reproductive functions. The body fat percentage is a measure of fitness level, since it is the only body measurement which directly calculates a person’s relative body composition without regard to height or weight.  **What are the risks?** Adolescent obesity can have a harmful effect on the body in various ways: increased risk of type 2 diabetes; depression, behavioral problems and issues in school; low self-esteem; impaired social, physical and emotional functioning; and high blood pressure and high cholesterol which are risk factors for heart disease. Obese adolescents are more likely to become obese adults which is associated with a number of serious health conditions including heart disease, diabetes, and some cancers. For more information, visit www.cdc.gov/healthyweight/bmi/calculator.html and click on ‘The Health Effects of Overweight and Obesity’ in the left column or talk to your healthcare provider.   |  |  | | --- | --- | | Healthy % Body Fat for 7-12 year olds | | | Females | 15-28% | | Males | 13-22% |   To view a BMI-for-age Percentile Growth Chart, visit www.cdc.gov/healthyweight/bmi/calculator.html   |  |  | | --- | --- | | BMI % | Weight Status | | < 5 | Underweight | | 5– 85 | Normal or Healthy Weight | | 85 – 95 | Overweight | | > 95 | Obese |   \* Individuals with greater muscle mass or larger bones will  have higher BMI’s. | | | | | | | |

