Fitness Assessment

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

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| --- | --- | --- |
| Physiology | Body Measurement | Cardio-vascularEndurance |
| 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 PressureBlood-Pressure new guidelines OR OR AND ANDNew Blood Pressure GuidlinesLifestyle 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.

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| 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. |

