

# Get fit assessment

Knowing your starting fitness level can help you set small, obtainable goals that can lead to bigger change and maintain your motivation. Once you know your starting point, you can plan where you want to end up. Get started with the simple assessment below.



## Aerobic fitness: Heart rate at rest

To check your resting heart rate, either place your index and middle fingers on your neck to the side of your windpipe or place two fingers between the bone and the tendon on the palm side of your wrist below your thumb. For most adults, a healthy heart rate is 60 to 100 beats per minute.

When you feel your pulse, watch the clock and count the number of beats in 10 seconds. Multiply this number by 6 to get your heart rate per minute.

\_\_\_\_\_ beats in 10 seconds x 6 = \_\_\_\_\_ beats per minute



## Aerobic fitness: Target heart rate zone

If you exercise regularly, stop to check your heart rate periodically to make sure you're getting the most out of your workout and are reaching your target heart rate. If you don't exercise regularly, check your heart rate after a brisk 10-minute walk. Your target heart rate zone is going to be 50–75% of the maximum heart rate for your age.

### Your results

Target heart rate zone goal: \_\_\_\_\_ Actual heart rate zone: \_\_\_\_\_



## Aerobic fitness: Running or jogging test

Complete a 1.5 mile walk/jog/run if you feel as though you can. If you do not feel that way, make it a goal to incorporate some aerobic exercises into your workout plan.

### Your results

Walk/Jog/Run (circle one) goal: \_\_\_\_\_

Walk/Jog/Run (circle one) time: \_\_\_\_\_

## Gather your tools

To complete your assessment, you'll need:

- A watch that can measure seconds or a stopwatch
- A yardstick
- A scale
- A measuring tape
- Someone to help you record your scores and count repetitions

Age	Target	Max
25–34	98–146	195
35–44	93–138	185
45–54	88–131	175
55–64	83–123	165
65+	78–116	155

Age	Time in (minutes)	
	Women	Men
25–34	13	11
35–44	13.5	11.5
45–54	14	12
55–64	16	13
65+	17.5	14



## Muscular strength and endurance: Pushup test

If you're just starting out a fitness program, do modified push-ups on your knees. If you're generally fit, try classic pushups. To do so:

- Lie facedown on the floor with your elbows bent and your palms next to your shoulders.
- Keeping your back straight, push up with your arms until your arms are fully extended.
- Lower your body until your chin touches the floor.
- Do as many pushups as you can until you need to stop for a rest.

### Your results

Pushup goal: \_\_\_\_\_

Pushups Completed: \_\_\_\_\_

Age	Women	Men
25-34	20	28
35-44	19	21
45-54	14	16
55-64	10	12
65+	10	11



## Muscular strength and endurance: Sit-up test

For this test, you can perform a sit-up two ways. You can lie down on the floor with your feet bent at a 90-degree angle and feet flat on the floor. For this version, you'll need a partner to hold your feet firmly to the ground. If you do not have someone to do so, place your feet on the wall so your knees and hips are bent at a 90-degree angle.

- Fold your arms across your chest. Raise your head and shoulders off the floor without raising your buttocks to move into the up position.
- Return to the down position.
- Each time you move into the up position, count it as one repetition.
- Perform as many sit-ups as you can in one minute.

### Your results

Sit-up goal: \_\_\_\_\_

Sit-ups completed: \_\_\_\_\_

Age	Women	Men
25-34	39	44
35-44	30	40
45-54	25	35
55-64	21	30
65+	12	24



## Flexibility: Sit-and-reach test

- Place a yardstick on the floor and secure it by placing a piece of tape at the 15-inch mark.
- Place the soles of your feet even with the 15-inch mark on the yardstick.

- Slowly reach forward as far as you can, exhaling as you reach and holding the position for at least 1 second.
- Note the distance you reached and repeat the test two more times.
- Record the best of three reaches.

### Your results

Sit-and-reach goal: \_\_\_\_\_

Furthest sit-and-reach: \_\_\_\_\_

Age	Reach in / cm	
	Women	Men
25-34	21.5 / 55	19.5 / 50
35-44	20.5 / 52	18.5 / 47
45-54	20 / 51	17.5 / 44
55-64	19 / 48	16.5 / 42
65+	17.5 / 44	15.5 / 39



## Body composition: Waist circumference

With a cloth measuring tape, measure your waist circumference just above the hipbones. If the circumference of your waist is greater than your hips, you have an increased risk of heart disease and type 2 diabetes. The risk is even greater for women if waist circumference is 35 inches (89 centimeters) or more and for men if waist circumference is 40 inches (102 centimeters) or more.

Waist circumference: \_\_\_\_\_



## Body composition: Body mass index

**Use this BMI calculator:** BMI is calculated by dividing your weight in pounds by your height in inches squared; then multiplying that number by 703 to get your BMI.

Height: \_\_\_\_\_ (inches)      Weight: \_\_\_\_\_ (pounds)

1:  $\text{Height}^2 = \text{_____ (height in inches)} \times \text{_____ (height in inches)} = \text{_____}$

2:  $\text{_____ (weight in pounds)} / \text{_____ (answer \#1)} = \text{_____}$

3:  $\text{_____ (answer \#2)} \times 703 = \text{_____ BMI}$

Find your BMI in the chart to the right to determine your weight status: \_\_\_\_\_

### Your results

BMI	Weight Status
Below 18.5	Underweight
18.5–24.9	Normal
25.0–29.9	Overweight
30.0–34.9	Obese (Class I)
35.0–39.9	Obese (Class II)
40.0+	Extreme obesity (Class III)



## Stay active:

Use your fitness assessment results to help you set goals for staying active and improving your fitness outcomes. Don't forget to track your progress by taking the same measurements as before, about six weeks into your fitness program and periodically afterward. This will help you notice changes in your body and physical appearance that might otherwise be hard to tell from just looking in the mirror.

### Goals for next assessment (track every 6 weeks to see progress):

Your results	Today's numbers	6 week goal	6 week total	12 week goal	12 week total
Pushups					
Sit-ups					
Sit and Reach					
1.5 mile walk/jog/run					
BMI					

**Each time you repeat your assessment, celebrate your progress and adjust your fitness goals accordingly. Share your results with your doctor or personal trainer for additional guidance.**