



|          | Date       | Height | Weight  |
|----------|------------|--------|---------|
| Current: |            |        |         |
| Past:    | 11/16/2017 | 61"    | 125 lbs |



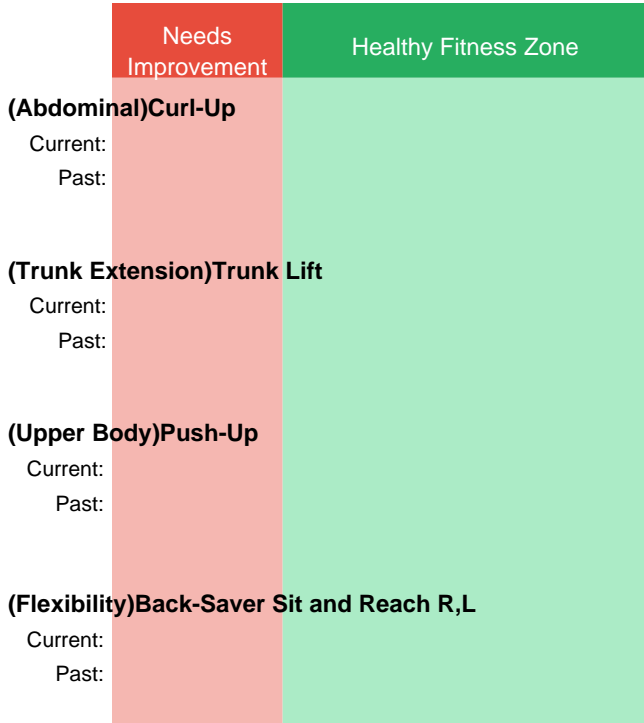
AEROBIC CAPACITY



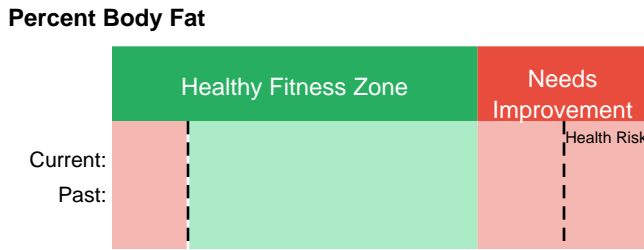
Your score for Aerobic Capacity is based on your run time. It shows your ability to do activities such as running, cycling, and sports at a high level.

|          | Run Time | PACER | BMI  |
|----------|----------|-------|------|
| Current: |          |       |      |
| Past:    |          |       | 23.6 |

MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY



BODY COMPOSITION



Being too lean or too heavy may be a sign of (or lead to) health problems. Body Mass Index may give inaccurate results for very active children.

**Healthy Fitness Zone for 12 year old boys**

- Aerobic Capacity:  $\geq 40.3$  ml/kg/min
- Curl-Up:  $\geq 18$  repetitions
- Trunk Lift: 9.0-12.0 inches
- Push-Up:  $\geq 10$  repetitions
- Back-Saver Sit and Reach : At least 8 inches on R & L
- Percent Body Fat: 8.4

ACTIVITY

- On how many of the past 7 days did you participate in physical activity for a total of 30-60 minutes, or more, over the course of the day? \_\_\_\_\_
- On how many of the past 7 days did you do exercises to strengthen or tone your muscles? \_\_\_\_\_
- On how many of the past 7 days did you do exercises to loosen up or relax your muscles? \_\_\_\_\_

To be healthy and fit it is important to do some physical activity almost every day. Aerobic exercise is good for your heart and body composition. Strength and flexibility exercises are good for your muscles and joints.