



# How Fit Are You?

**To get an idea of your fitness level, take this short fitness test.**

*The standard for each task is considered to be challenging but attainable for most 17 – 18 year olds.*

## **Abdominal Strength**

How many sit-ups can you do in 1 minute? \_\_\_\_\_

*Standard for Men – 37 / Women – 31*

## **Upper Body Strength**

How many push-ups can you do? \_\_\_\_\_

*Standard for Men – 25 / Women – 15*

## **Aerobic Fitness**

How fast can you run/walk 1 mile? \_\_\_\_\_

*Standard for Men – 7-8 minutes / Women – 9-10 minutes*

## **Flexibility**

If you stand with your knees straight, can you touch your toes? Yes No

How did you do? If you would like to improve your fitness level, use the tips in this InfoGuide to help you get fit and stay in shape.