Fitness Evaluation
Get Moving! Get Healthy!

Directions: Use the following steps to help you complete the My Health and Goals handout.

1) Record the modes of transportation that you use at least once a week and record them on your My Health and Goals handout (walking, biking, skate boarding, running, skiing, rollerblading, etc.).

2) Next to each mode of transportation that you entered on My Health and Goals sheet, write down how often, how intensely, and how long you use the mode. Use the following table as a guide for your answers.

How often?	How intensely?	How long per session?
1x per week	light	0-10 minutes
2x per week	moderate	10-20 minutes
3x per week	vigorous	20-30 minutes
4x per week		30-40 minutes
5x per week		40-50 minutes
6x per week		50-60 minutes

3) Calculate the total time that you spend using each mode of transportation. Determine if the level of activity is light, moderate or vigorous. Record both on your handout.

4) Read the information below and then determine the recommended amount of activity for a person your age.

   For middle school students, a healthy goal is 30-60 minutes of moderate activity almost every day, during which you increase your heart rate. A well-rounded program improves not only your fitness, but also your strength and flexibility. To improve your strength, add 2 to 3 days of strength training to your aerobic routine. Finish your aerobic and strength training activities with stretches to improve your flexibility. Record the recommended amount of activity on your handout.

5) Heart rate (HR) is the number of times that your heart beats in a specific amount of time – usually 60 seconds. In order to get the most from exercise, you want your heart to beat faster at different times during your exercise activity. Read the following information to determine how fast your heart should beat throughout your workout.

Measuring Heart Rate During Physical Activity	
Before You Start	After your warm-up, your HR should be close to the lower end of your target zone. (See Step 7). If you are over the upper limit of your target HR zone, decrease the intensity of your warm-up.
In the Middle	Halfway into your workout, your HR should be elevated. If it is greater than the upper limit, reduce the intensity.
Before You Finish	Toward the end of your workout, your HR should still be elevated. If your HR is within the lower end of your zone, work harder during your next workout.
During Cool-down	At the end of your cool-down, your HR should be around your resting rate. If it is still up, take a little more time just to walk around a bit to decrease your HR. The transition from working out to a dead stop can be hard on your heart.

6) Measure pulse rate. Using your index and middle fingers, press lightly against the place where you are going to take your pulse. Take a pulse check at your carotid, your radial, or your chest. To calculate your resting heart rate (RHR) count how many times your heart beats per ten seconds. The average RHR is 12-13 beats per ten seconds. Record your RHR on your My Health and Goals handout.

7) Calculate your target heart rate zone (THR)
   - Subtract your age from 220. This is your maximum heart rate (MHR).
   - Multiply your MHR by 0.8 and divide the resulting number by 6. This is the upper limit of your THR zone in a ten second count.
   - Multiply your MHR by 0.6 and divide the resulting number by 6. This is the lower limit of your THR zone in a ten second count.
   - Your THR zone is between the upper and lower limit of beats per ten seconds. Your MHR is the most your heart rate should reach after a strenuous workout. Checking one's heart rate is also known as taking a pulse check.

   Record your THR on your My Health and Goals handout.

8) Read the handout Health Facts.

9) Set a goal for yourself. Identify the activities you would like to do and how often. Record where your heart rate should be during the activity. Describe the benefits that are the most important to you. Record your responses on your My Health and Goal handout.