

GET MOVING!

Measure your fitness level

Ready to start moving? Measure your fitness level with a few simple tests. You can then use your results to set goals and track your progress.

To do your assessment, you'll need a timer and a 1.5 km mapped walk — your phone is a great tool for this.

Get started:

For each section, perform the described activity or measurement, record your result, and then determine your fitness level based on the provided benchmarks. This will help you identify areas where you can focus your fitness efforts.

Aerobic Fitness

Measure: First, check your resting heart rate. To do this, count your pulse for 60 seconds while at rest. Next, time how long it takes you to complete a 1.5 km walk. Immediately after, record your heart rate.

RESULTS

Excellent: Heart rate < 60 bpm after 1.5 km walk taking under 13 minutes

Good: Heart rate 60–69 bpm after 1.5 km walk taking between 13–14 minutes

Fair: Heart rate 70–79 bpm after 1.5 km walk taking between 14–15 minutes

Needs improvement: Heart rate over 80 bpm after 1.5 km walk taking more than 15 minutes



Muscular Strength & Endurance

Measure: Perform as many standard or modified push-ups as you can without rest.

RESULTS (MEN)

Excellent: 30 push-ups

Good: 21–30 push-ups

Fair: 11–20 push-ups

Needs improvement: Under 10 push-ups

RESULTS (WOMEN)

Excellent: 25 push-ups

Good: 16–25 push-ups

Fair: 6–15 push-ups

Needs improvement: Under 5 push-ups



Flexibility

Measure: While seated with legs extended, reach forward toward your toes. Measure the distance reached beyond your toes or the distance short of your toes.

RESULTS

Excellent: Reach 4 or more inches beyond toes

Good: Reach 1–4 inches beyond toes

Fair: Reach up to toes

Needs improvement: Cannot reach toes



Keep it going:

After completing each section, note where you fall in the fitness levels. From there, you can set your goals and regularly reassess yourself to track your progress!