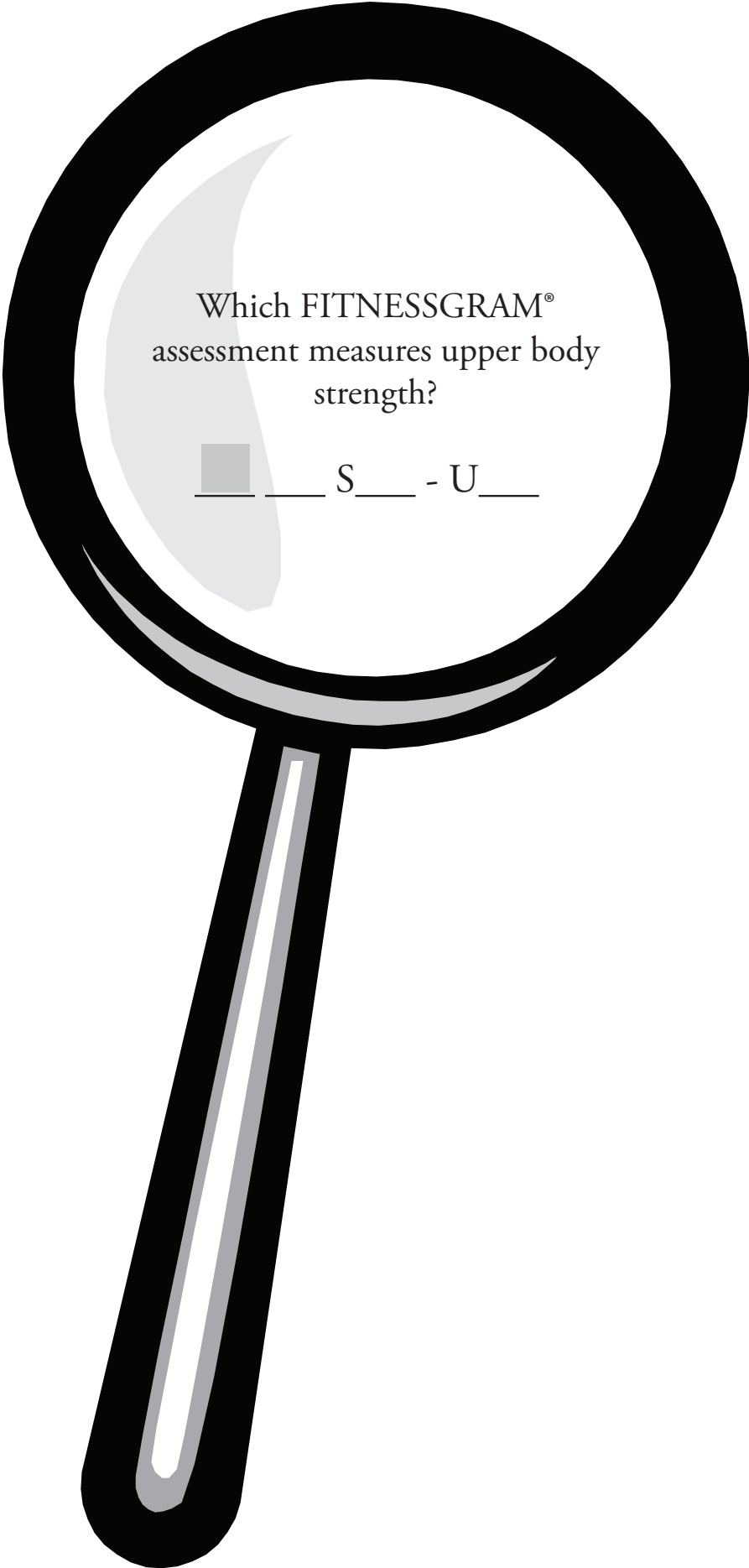


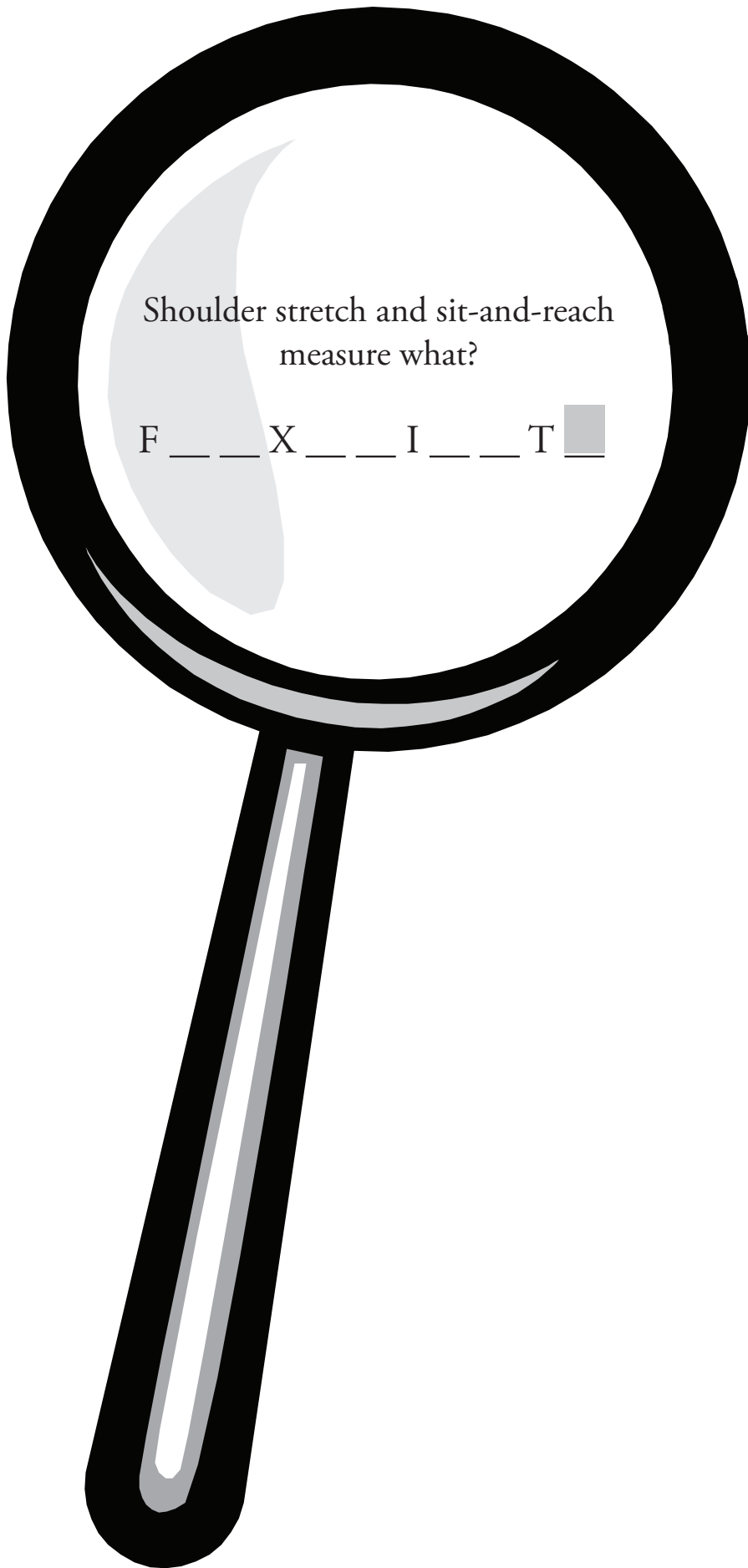
Which FITNESSGRAM®
assessment measures aerobic (heart
and lung) fitness?

C R



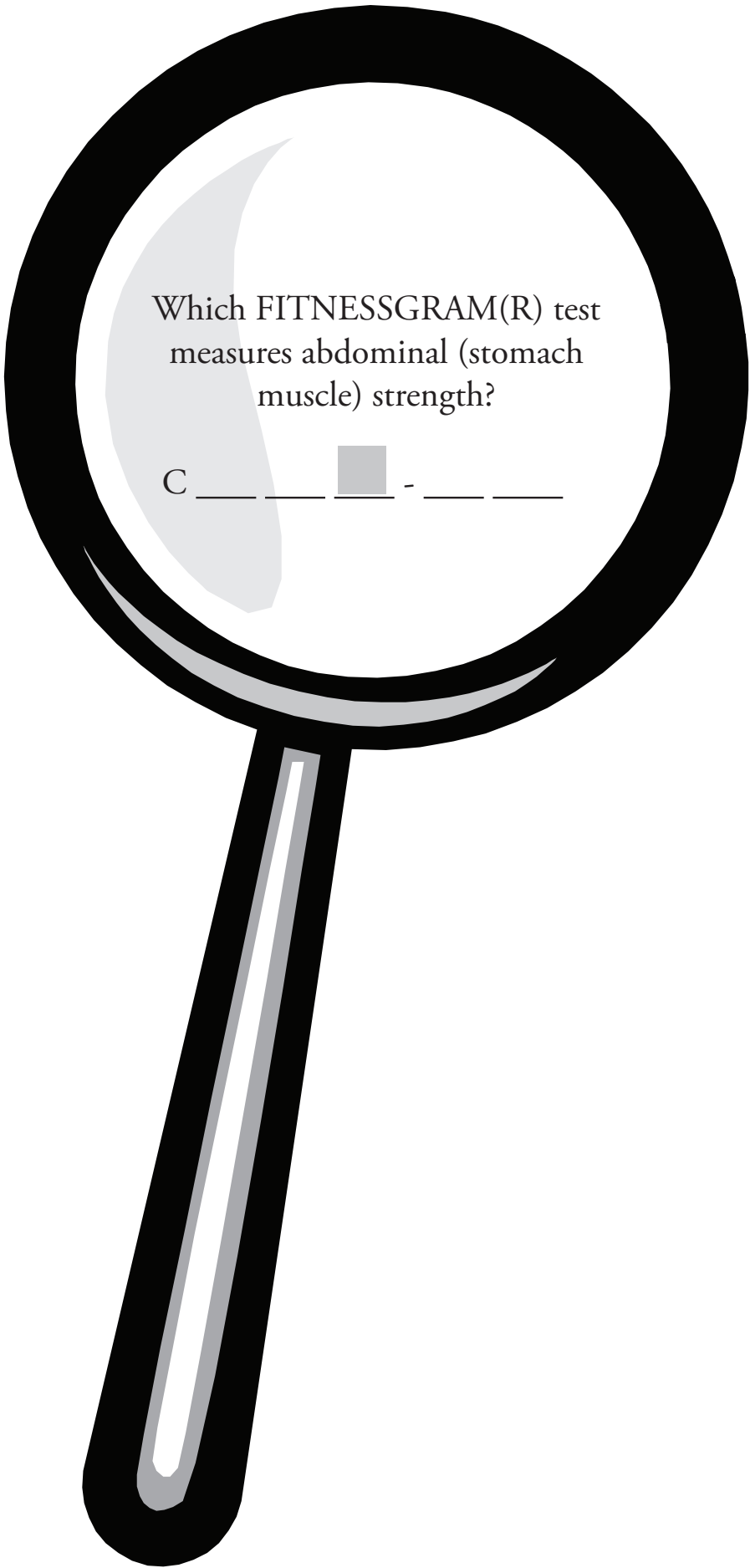
Which FITNESSGRAM®
assessment measures upper body
strength?

_____ S____ - U____



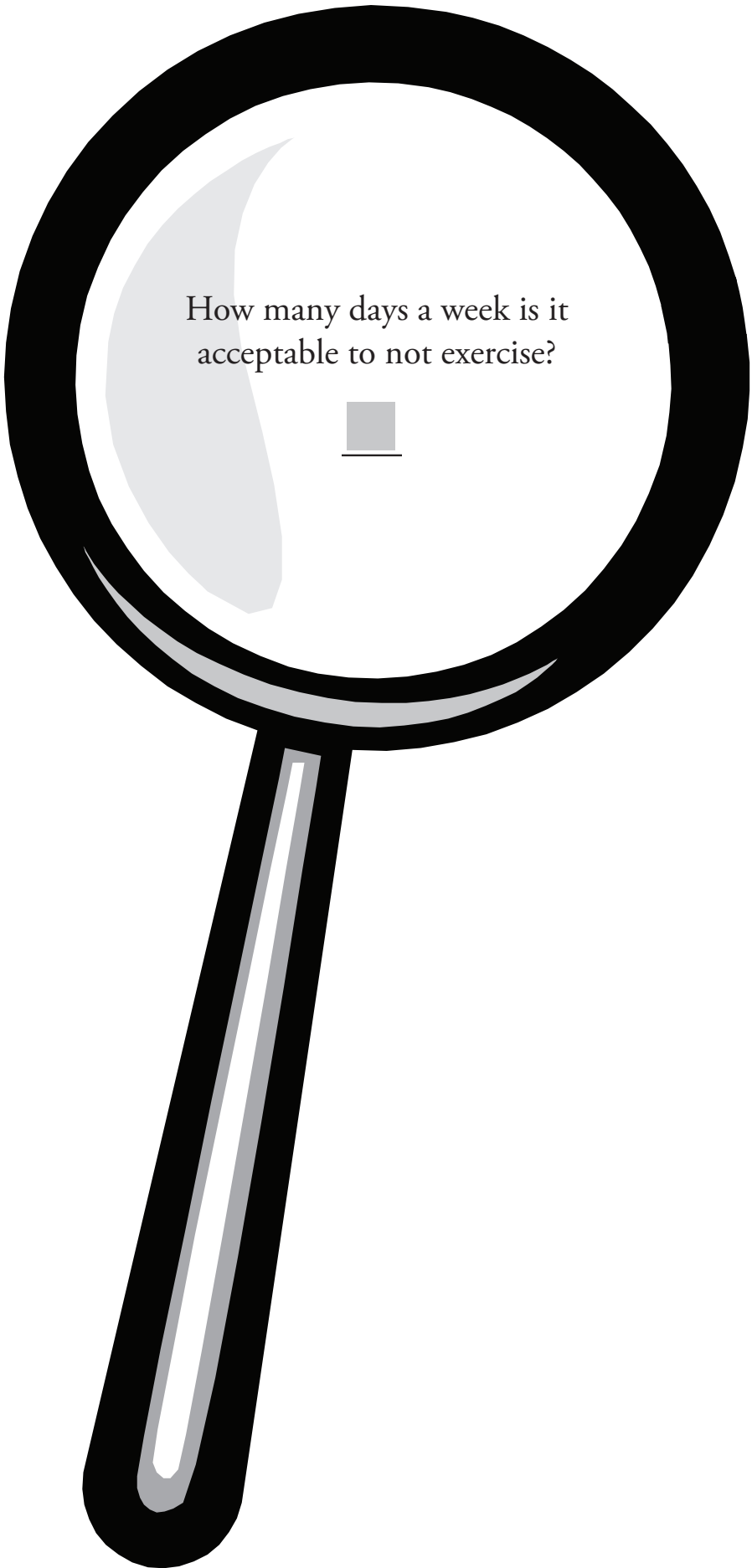
Shoulder stretch and sit-and-reach
measure what?

F _ _ X _ _ I _ _ T




Which FITNESSGRAM(R) test
measures abdominal (stomach
muscle) strength?

C _____ - _____



How many days a week is it acceptable to not exercise?





Remember to reach the Healthy
Fitness Zone, you must work on:

- Aerobic Capacity
- Muscular Strength
- Muscular Endurance
 - Flexibility
- Body Composition
- Healthy Eating Habits

How many items should you work on?
(Hint: Count bullets)



20 jumping jacks



**Stand like a
flamingo for
20 seconds**



