

# Warrensburg Parks and Recreation 2010 Health and Wellness Challenge

## Important dates to remember:

December 28<sup>th</sup>-January 31<sup>st</sup>: Pick up challenge packets at the Community Center

January 4<sup>th</sup>: 5:30PM: Team Captains Meeting! Please attend to find out all of the details!

January 5<sup>th</sup>: OFFICAL START of CHALLENGE!!!

January 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, and 13<sup>th</sup>: Health and Fitness Assessments (Call for appointment)

-BMI

-Body Percent Fat

-Waist/ Hip Measurements, height, and weight

Optional: Flexibility, Muscular Strength and Endurance, and Cardio (1/2 mile walk)

March 31<sup>st</sup>: OFFICIAL STOP of the Challenge

March 31<sup>st</sup> and April 1<sup>st</sup>: Post Health and Fitness Assessments (Call for appointment)

April 10<sup>th</sup>: Awards Ceremony, 9:30AM at the Community Center.

We are looking forward to an excellent year of improved health and wellness. If you have any questions about the challenge, please call the Community Center (660-747-7178).



# WHAT TO DO?

## 1) Get a “Team” Together.

A team can be friends, family, or co-workers and consist of 1-10 people. Packets can be picked up at the Community Center, but the challenge starts on January 5<sup>th</sup>.

## 2) Choose a team captain.

When you have a team gathered, then elect, volunteer, or vote for a team captain. This individual will hand in, fax, or e-mail the monthly sheets of each member of the group. Remember the captain should be someone who helps motivate and hold accountable to the people on your “team”. Be sure WPR has an active e-mail address for your team captain. Remember to choose a team NAME.

## 3) Make an appointment for a “pre- assessment” (it is worth points)

*January 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> - 6:00AM-8:00PM*  
*January 12<sup>th</sup>-13<sup>th</sup> - 7:00AM-5:00PM*

These assessments are used to determine your fitness level before you start, so you can compare the results at the end of the challenge. You must schedule appointments by calling the Community Center (660-747-7178).

## 4) Get STARTED!!! (Details of the challenge)

You will track by filling out the monthly challenge checklist. Each month has different activities and challenges that are worth 10 points. When each individual completes criteria, check off the box (). The way to earn extra points is to try the “Bonus (Advance)” section. One point or other point values specified will be given for each completed box in the bonus section. The point system works as follows: Each individual receives one point or otherwise stated that is checked. For example, if a team member only checks 2 boxes for one month then he/she will get two points. Points will be added up at the end of the challenge, and averaged by the amount of members on your team. It would be GREAT idea to encourage your team complete all criteria!

## 5) NEW, NEW, NEW....T-SHIRT.

We thought that everyone should get something for participating in the challenge. For a small fee of \$10.00 you will receive a t-shirt at the end of the challenge. If you do not want to pay for a shirt, you can still participate in the challenge without receiving a shirt.

◆ TURN IN THE MONTHLY SHEETS AT THE END OF EACH MONTH...by e-mail, fax, mail, or in person. ◆

◆ NO ONE CAN JOIN THE CHALLENGE AFTER IT STARTS (end of January). ◆

### When you're done...

- The final paperwork will be collected on April 5<sup>th</sup>-8<sup>th</sup>, and after that date no paperwork will be accepted, without prior arrangements.
- Teams and individuals with most and/or equal team score will be awarded. The award ceremony will be held on April 10<sup>th</sup>, and it is strongly recommended that you attend.

# January

Complete all 10 criteria for 10 points

**(You will be given one point only for each completed task)**

- Give up caffeine for a week.
- Stretch slowly and gently for 15 minutes.
- Read a book about health and wellness. Name of book: \_\_\_\_\_
- Write down and turn in one month's fitness workout. (That you've accomplished)
- Sign up and VOLUNTEER at a local agency, retirement, church, or school.
- Donate canned food items to the local food bank.
- Plan a board or card game with family or friends.
- Help someone by working out or walking with someone who never works out regularly (partner system).
- Swim or use the treadmill for a half hour- 3x's a week.
- Use the elliptical machine for 20 minutes, 3x's a week.

**Bonus (Advance) - Each is worth one point or otherwise stated. Do as many as you want!**

- Sign up and attend the pre-assessment - **10 points.**
- Train for the WPR Indoor Triathlon (Register as well and space is limited) - **5 points.**
- Hike or bike 10-20 miles on the Katy Trail or inside bike. - **5 points**
- Do strength training workout on 8 different pieces of weight training equipment.
- Walk or run 5 miles (outside or inside). - **5 points**
- Complete the NUTRITION LOG (For a personalized log, go to [www.mypyramid.gov](http://www.mypyramid.gov) for this free service)
- Participate in the Polar Bear 5K at WPR on January 16<sup>th</sup> at 9:00AM. - **5 points**
- Participate in 2 spinning classes- **4 points**
- Swim 20 individual laps at WCC. - **4 points**
- Do an abdominal workout 5 times in a week.
- Do a different type of cardio activity everyday for two whole weeks.
- Do a whole stability ball workout.
- Do a whole weight machine workout (NO FREE WEIGHTS)
- Use a workout video/workout video games.
- Do a whole free weight workout (NO WEIGHT MACHINES)
- Train or participate in a half/full marathon. - **5 points** Date and location of the race? \_\_\_\_\_
- Circuit training workout- different exercises for a minute.
- Participate in WPR Cardio Kickboxing class. - **2 points**
- Do a resistance band workout.
- Do not use weight during your strength workout-calisthenics (push-ups, lunges, abdominal, plank, chin-ups, dips, squats)
- Workout for 60 minutes 5x/week for the entire month.
- Have a vegetarian meal one night a week for the entire month.
- Attend the weekly weigh-ins- Week 1: \_\_\_\_\_ Week 2: \_\_\_\_\_ Week 3: \_\_\_\_\_ Week 4: \_\_\_\_\_ (place a check after you have done the weigh-in at WPR. - **2 points for every weigh-in you attend**
- A session with a WPR Personal Trainer. - **10 points**

# February

Complete all 10 criteria for 10 points

**(You will be given one point only for each completed task)**

- Write down and turn in one month's fitness workout. (That you've accomplished)
- Give 3 compliments today.
- Do not watch TV for a day.
- Find a workout routine in a book or online, and then use it during your workout.
- Donate blood at WPR (Friday, Feb. 12<sup>th</sup> at 10AM-6PM) or somewhere else.
- Recycle your cans, plastic containers, and newspapers (Sheltered Workshop takes recyclables)
- Take the stairs instead of the elevator (the whole month).
- Spend an hour with a pet. (Walking, playing, etc.)
- Walk or run the WCC track for 30 minutes to 1 hour, 3x's a week.
- Swim, treadmill, or elliptical at WCC for ½ hour, 3x's a week.

**Bonus (Advance) - Each is worth one point or otherwise stated. Do as many as you want!**

- Participate in the WPR Indoor Triathlon (limited space) - **10 points.**
- Hike or bike 10-20 miles on the Katy Trail or inside bike. - **5 points**
- Do strength training workout on 8 different pieces of weight training equipment.
- Walk or run 6 miles (outside or inside) - **5 points**
- Complete the NUTRITION LOG (For a personalized log, go to [www.mypyramid.gov](http://www.mypyramid.gov) for this free service)
- Participate in a Zumba class at WPR. - **2 points**
- Participate in 2 spinning classes- **4 points.**
- Swim 30 individual laps at WCC. - **4 points**
- Do an abdominal workout 5 times in a week.
- Do a different type of cardio activity a day for three whole week.
- Do a whole stability ball workout.
- Do a whole weight machine workout (NO FREE WEIGHTS)
- Use a workout video/workout video games.
- Do a whole free weight workout (NO WEIGHT MACHINES)
- Train or participate in a half/full marathon. - **5 points** Date and location of the race? \_\_\_\_\_
- Attend the WPR Nutrition class with Dana Ford on February 16<sup>th</sup> at 6:30PM - **10 points.**
- Participate in a Yoga class. - **2 points**
- Get in your target heart rate for your whole cardio session. (Look at attached sheet)
- Do a resistance band workout.
- Do not use weight during your strength workout-calisthenics (push-ups, lunges, abdominal, plank, chin-ups, dips, squats)
- When watching TV, do strength training or abdominal workout during the show and rest during the commercials.
- Participate in one of our step/cardio aerobic classes (Step Interval, Step-n-Tone, or 20-20-20) - **2 points.**
- Work out for 60 minutes 4x/week for entire month.
- Attend the weekly weigh-ins- Week 1: \_\_\_\_\_ Week 2: \_\_\_\_\_ Week 3: \_\_\_\_\_ Week 4: \_\_\_\_\_ (place a check after you have done the weigh-in at WPR. - **2 points for every weigh-in you attend**
- A session with a WPR Personal Trainer - **10 points.**

# March

Complete all 10 criteria for 10 points

**(You will be given one point only for each completed task)**

- Read a book of humor. Name the book: \_\_\_\_\_
- Choose the scenic route home.
- Workout your regular time and on your lunch break or some other time. (twice in one day)
- Try a new activity or hobby. What is the new activity or hobby? \_\_\_\_\_
- Write down and turn in one month's fitness workout. (That you've accomplished)
- Prepare a low-fat recipe you've never tried before. Name of the recipe: \_\_\_\_\_
- Sign up and VOLUNTEER at a local agency, retirement, church, or school.
- Be accountable to friend in some way.
- Do something nice for someone who won't know who did it.
- Work outside for 1-2 hours.

**Bonus (Advance) - Each is worth one point or otherwise stated. Do as many as you want!**

- Sign up and attend the post assessment - **10 points**
- Hike or bike 10-25 miles on the Katy Trail or inside bike.
- Do strength training workout on 8 different pieces of weight training equipment.
- Walk or run 7 miles (outside or inside) - **5 points**
- Complete the NUTRITION LOG (For a personalized log, go to [www.mypyramid.gov](http://www.mypyramid.gov) for this free service)
- Participate in the Shamrock 5K at WPR on March 6<sup>th</sup> at 9:00AM. - **5 points**
- Participate in 2 spinning classes - **4 points**
- Swim 25 individual laps at WCC.- **4 points**
- Do an abdominal workout 5 times in a week.
- Do a different type of cardio activity a day for two whole week.
- Do a whole stability ball workout.
- Do a whole weight machine workout (NO FREE WEIGHTS)
- Use a workout video/workout video game.
- Do a whole free weight workout (NO WEIGHT MACHINES)
- Train or participate in a half/full marathon or triathlon.
- Participate in 2 aquacise classes. - **5 points**
- Do a resistance band workout.
- Circuit training workout- different exercises for a minute.
- Do not use weight during your strength workout-calisthenics (push-ups, lunges, abdominal, plank, chin-ups, dips, squats)
- Train or participate in a half/full marathon. - **5 points** Date and location of the race? \_\_\_\_\_
- Participate in one sculpt aerobic classes. (Body Sculpt or All You've Got) - **2 points**.
- Have a vegetarian meal one night a week for the entire month.
- Work out for 60 minutes 5x/week for entire month.
- Get in your target heart rate for your whole cardio session. (Look at attached sheet)
- When watching TV, do strength training or abdominal workout during the show and rest during the commercials.
- Attend the weekly weigh-ins- Week 1: \_\_\_\_\_ Week 2: \_\_\_\_\_ Week 3: \_\_\_\_\_ Week 4: \_\_\_\_\_ (place a check after you have done the weigh-in at WPR. - **2 points for every weigh-in you attend**
- A session with a WPR Personal Trainer - **10 points**

Team Name: \_\_\_\_\_ Your Name: \_\_\_\_\_

**January**

**Exercise Log**

|                  | <b>Week 1</b>   | <b>Week 2</b>   | <b>Week 3</b>   | <b>Week 4</b>   |
|------------------|---|---|---|---|
| <b>Sunday</b>    | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Monday</b>    | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Tuesday</b>   | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Wednesday</b> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Thursday</b>  | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Friday</b>    | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Saturday</b>  | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |

\*Each Cardio box= 10 minutes.

\*Check off if you do Strength and flexibility for that day.

Team Name: \_\_\_\_\_ Your Name: \_\_\_\_\_

**February**

**Exercise Log**

|                  | <b>Week 1</b>   | <b>Week 2</b>   | <b>Week 3</b>   | <b>Week 4</b>   |
|------------------|---|---|---|---|
| <b>Sunday</b>    | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Monday</b>    | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Tuesday</b>   | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Wednesday</b> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Thursday</b>  | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Friday</b>    | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Saturday</b>  | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |

\*Each Cardio box= 10 minutes.

\*Check off if you do Strength and flexibility for that day

Team Name: \_\_\_\_\_ Your Name: \_\_\_\_\_

**March**

**Exercise Log**

|                  | <b>Week 1</b>   | <b>Week 2</b>   | <b>Week 3</b>   | <b>Week 4</b>   |
|------------------|---|---|---|---|
| <b>Sunday</b>    | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Monday</b>    | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Tuesday</b>   | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Wednesday</b> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Thursday</b>  | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Friday</b>    | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |
| <b>Saturday</b>  | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> | Cardio<br>□□□□□□<br>Flexibility <input type="checkbox"/><br>Strength <input type="checkbox"/> |

\*Each Cardio box= 10 minutes.

\*Check off if you do Strength and flexibility for that day







# Information Sheets for Health and Wellness Fitness Challenge Fitness Assessment

Name: \_\_\_\_\_

Team: \_\_\_\_\_

Age: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: PRE: \_\_\_\_\_ POST: \_\_\_\_\_

BMI: PRE: \_\_\_\_\_ POST: \_\_\_\_\_

| Classification        | BMI (kg/min <sup>2</sup> ) |
|-----------------------|----------------------------|
| Underweight           | <18.5                      |
| Normal                | 18.5-24.9                  |
| Overweight            | 25.0-29.9                  |
| Obesity (I)           | 30.0-34.9                  |
| Obesity (II)          | 35.0-39.9                  |
| Extreme Obesity (III) | ≥40.0                      |

Body % Fat: PRE: \_\_\_\_\_ POST: \_\_\_\_\_

| Age          | 20-39 |       | 40-59 |       | 60-79 |       |
|--------------|-------|-------|-------|-------|-------|-------|
|              | M     | F     | M     | F     | M     | F     |
| Essential    | 3-5   | 8-12  | 3-5   | 8-12  | 3-5   | 8-12  |
| Low/Athletic | 6-7   | 13-20 | 6-10  | 13-22 | 6-12  | 13-23 |
| Recommended  | 8-19  | 21-32 | 11-21 | 23-33 | 13-24 | 24-35 |
| Overfat      | 20-24 | 33-38 | 22-27 | 34-39 | 25-29 | 36-41 |
| Obese        | ≥25   | ≥39   | ≥28   | ≥40   | ≥30   | ≥42   |

### Waist Circumference and Waist-to-Hip Ratio:

Waist: PRE: \_\_\_\_\_ POST: \_\_\_\_\_

Hip: PRE: \_\_\_\_\_ POST: \_\_\_\_\_

Waist-to-hip ratio: PRE: \_\_\_\_\_ POST: \_\_\_\_\_

|              | Waist Circumference        | Waist-to-Hip Ratio |
|--------------|----------------------------|--------------------|
| <b>Men</b>   | More than 40 in. (102 cm.) | More than 0.94     |
| <b>Women</b> | More than 35 in. (88 cm.)  | More than 0.82     |

Cardio respiratory (Time): PRE: \_\_\_\_\_ POST: \_\_\_\_\_

### OPINIONAL

Muscular Strength: Hand Dynamometer:

PRE: \_\_\_\_\_ POST: \_\_\_\_\_ R: \_\_\_\_\_ L: \_\_\_\_\_

R: \_\_\_\_\_ L: \_\_\_\_\_

| Rating        | Males (kg) | Females (kg) |
|---------------|------------|--------------|
| Excellent     | >64        | >38          |
| Very Good     | 56-64      | 34-38        |
| Above Average | 52-56      | 30-34        |
| Average       | 48-52      | 26-30        |
| Below Average | 44-48      | 22-26        |
| Poor          | <40        | <20          |

Muscular Endurance: Push-Ups: PRE: \_\_\_\_\_

POST: \_\_\_\_\_

| Age                      | 20-29 |    | 30-39 |    | 40-49 |    | 50-59 |    | 60-69 |    |
|--------------------------|-------|----|-------|----|-------|----|-------|----|-------|----|
| Gender                   | M     | F  | M     | F  | M     | F  | M     | F  | M     | F  |
| <b>Excellent</b>         | 36    | 30 | 30    | 27 | 25    | 24 | 21    | 21 | 18    | 17 |
| <b>Very Good</b>         | 35    | 29 | 29    | 26 | 24    | 23 | 20    | 20 | 17    | 16 |
|                          | 29    | 21 | 22    | 20 | 17    | 15 | 13    | 11 | 11    | 12 |
| <b>Good</b>              | 28    | 20 | 21    | 19 | 16    | 14 | 12    | 10 | 10    | 11 |
|                          | 22    | 15 | 17    | 13 | 13    | 11 | 10    | 7  | 8     | 5  |
| <b>Fair</b>              | 21    | 14 | 16    | 12 | 12    | 10 | 9     | 6  | 7     | 4  |
|                          | 17    | 10 | 12    | 8  | 10    | 5  | 7     | 2  | 5     | 2  |
| <b>Needs Improvement</b> | 16    | 9  | 11    | 7  | 9     | 4  | 6     | 1  | 4     | 1  |

Curl- Ups: PRE: \_\_\_\_\_

POST: \_\_\_\_\_

| Age                      | 20-29 |    | 30-39 |    | 40-49 |    | 50-59 |    | 60-69 |    |
|--------------------------|-------|----|-------|----|-------|----|-------|----|-------|----|
| Gender                   | M     | F  | M     | F  | M     | F  | M     | F  | M     | F  |
| <b>Excellent</b>         | 25    | 25 | 25    | 25 | 25    | 25 | 25    | 25 | 25    | 25 |
| <b>Very Good</b>         | 24    | 24 | 24    | 24 | 24    | 24 | 24    | 24 | 24    | 24 |
|                          | 21    | 18 | 18    | 19 | 18    | 19 | 17    | 19 | 16    | 17 |
| <b>Good</b>              | 20    | 17 | 17    | 18 | 17    | 18 | 16    | 18 | 15    | 16 |
|                          | 16    | 14 | 15    | 10 | 13    | 11 | 11    | 10 | 11    | 8  |
| <b>Fair</b>              | 15    | 13 | 14    | 9  | 12    | 10 | 10    | 9  | 10    | 7  |
|                          | 11    | 5  | 11    | 6  | 6     | 4  | 8     | 6  | 6     | 3  |
| <b>Needs Improvement</b> | 10    | 4  | 10    | 5  | 5     | 3  | 7     | 5  | 5     | 2  |

Flexibility: Sit-N-Reach: PRE: \_\_\_\_\_

POST: \_\_\_\_\_

| Age                      | 20-29 |    | 30-39 |    | 40-49 |    | 50-59 |    | 60-69 |    |
|--------------------------|-------|----|-------|----|-------|----|-------|----|-------|----|
| Gender                   | M     | F  | M     | F  | M     | F  | M     | F  | M     | F  |
| <b>Excellent</b>         | 40    | 41 | 38    | 41 | 35    | 38 | 35    | 39 | 33    | 35 |
| <b>Very Good</b>         | 39    | 40 | 37    | 40 | 34    | 37 | 34    | 38 | 32    | 34 |
|                          | 34    | 37 | 33    | 36 | 29    | 34 | 28    | 33 | 25    | 31 |
| <b>Good</b>              | 33    | 36 | 32    | 35 | 28    | 33 | 27    | 32 | 24    | 30 |
|                          | 30    | 33 | 28    | 32 | 24    | 30 | 24    | 30 | 20    | 27 |
| <b>Fair</b>              | 29    | 32 | 27    | 31 | 23    | 29 | 23    | 29 | 19    | 26 |
|                          | 25    | 28 | 23    | 27 | 18    | 25 | 16    | 25 | 15    | 23 |
| <b>Needs Improvement</b> | 24    | 27 | 22    | 26 | 17    | 24 | 15    | 24 | 14    | 22 |

## Target Heart Rate Zone

Is the range of heart rate that should be reached and maintained during cardio respiratory endurance exercise to obtain training effects. When the target heart rate zone is used you should exercise to experience cardio respiratory benefits, is between 65% and 90% of your maximum heart rate.

1) Estimate your maximum heart rate (MHR) by subtracting your age from 220.

2) Multiply your MHR by 65% and 90% to calculate your target heart rate zone. (Very unfit people should use 55% of MHR for their training threshold).

MHR = 220 - \_\_\_\_\_ (age) = \_\_\_\_\_ max HR

65% training intensity = 0.65 x \_\_\_\_\_ (max HR #) = \_\_\_\_\_ bpm.

90% training intensity = 0.90 x \_\_\_\_\_ (max HR #) = \_\_\_\_\_ bpm.

# **Information Sheets for Health and Wellness Fitness Challenge Fitness Assessment**

Name: \_\_\_\_\_

Team: \_\_\_\_\_

Age: \_\_\_\_\_

Height: \_\_\_\_\_

**Weight:** PRE: \_\_\_\_\_ POST: \_\_\_\_\_

**BMI:** PRE: \_\_\_\_\_ POST: \_\_\_\_\_

**Body % Fat:** PRE: \_\_\_\_\_ POST: \_\_\_\_\_

## **Waist Circumference and Waist-to-Hip Ratio:**

**Waist:** PRE: \_\_\_\_\_ POST: \_\_\_\_\_

**Hip:** PRE: \_\_\_\_\_ POST: \_\_\_\_\_

**Waist-to-hip ratio:** PRE: \_\_\_\_\_ POST: \_\_\_\_\_

**Cardio respiratory (Time):** PRE: \_\_\_\_\_ POST: \_\_\_\_\_

## **OPINIONAL**

### Muscular Strength:

Hand Dynamometer:

PRE: \_\_\_\_\_ POST: \_\_\_\_\_ R: \_\_\_\_\_ L: \_\_\_\_\_

R: \_\_\_\_\_ L: \_\_\_\_\_

### Muscular Endurance:

Push-Ups: PRE: \_\_\_\_\_ POST: \_\_\_\_\_

Curl-Ups: PRE: \_\_\_\_\_ POST: \_\_\_\_\_

### Flexibility:

Sit-N-Reach: PRE: \_\_\_\_\_ POST: \_\_\_\_\_