



MINISTRY OF
**HEALTH &
WELLNESS**



JAMAICA MOVES

MINISTRY OF HEALTH AND WELLNESS

FITNESS TEST GUIDE





This guide has been prepared for health care workers and persons who are working in the fitness industry.



GUIDE FOR FITNESS TEST

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First Edition

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TABLE OF CONTENT

SECTION 1

- 1 Acknowledgement
- 2 Components of fitness
- 3 Introduction

SECTION 2

- 6 Fitness Assessment Guide

SECTION 3

- 8 Upper Body Strength Test
- 10 Core Strength Test
- 11 Plank
- 12 Cardiovascular Endurance Test
- 13 3 Minute Step Up Test
- 14 Flexibility
- 15 Back Scratch Test
- 16 Lower Body Strength Test
- 17 Squats Test

SECTION 4

- 19 Exercise Levels in Relation to Fitness Assessment
- 20 Upper Body Strength Workout
- 22 Core Strength Workout
- 24 Lower body Strength Workout
- 26 Cardiovascular Strength Workout
- 28 Improving Flexibility
- 31 Physical Activity Benefits Assessment Tool
- 32 References



SECTION

1



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COMPONENTS OF FITNESS TEST

Fitness:

The body's capacity to perform and adapt well to the stress and physical demands of life without becoming fatigued. The fitness level of a person is dependent on the following two factors:

- a) The genetic makeup of his/her body
- b) The ability to do activities that require flexibility, endurance and strength

Fitness Tests serve as a basic guide in testing cardiovascular endurance, muscular endurance, muscle strength and flexibility. This can be administered at various intervals to check progress or effectiveness of an individual training programme. It is recommended that a fitness test be done before you start any training programme, in order to determine the area(s) of focus.

Components of Fitness

Cardio-respiratory Endurance:

The ability of the body's respiratory and circulatory systems to sustain and transport oxygen to skeletal muscles while undergoing prolonged physical activity at a moderate or vigorous pace.

Muscle Strength:

The muscle's ability to generate and sustain maximum force in one effort

Muscular Endurance:

The muscles' ability to constantly withstand pressure on a consistent basis over long periods of time

Flexibility:

The ability of the joints to go through full range of motion exercises without becoming fatigued

All Personal Trainers must select and administer one of the several clinical fitness tests from an accredited institution before engaging anyone in a structured Physical Activity Programme.

INTRODUCTION

Physical activity is body movement that allows the body to utilize energy. Regular physical activity plays a vital role as a protective and preventive factor for health and wellbeing and is critical in the management and reduction of chronic non-communicable diseases. It can reduce global mortality by at least 6%, reduce ischemic heart disease by 30%, diabetes by 27%, breast, and colon cancer by 21-25%. Physical activity burns fat, helps to maintain a healthy weight and it reduces stress. It also contributes to the prevention of other health conditions such as overweight and obesity, improved mental health, delay in the onset of dementia and improved overall quality of life.

According to Global Action Plan on Physical Activity 2018-2030, globally, physical inactivity was estimated to cost (USD) 54 billion in direct health care, in 2013, of which 57% was incurred by the public sector and an additional 14 billion was attributable to lost productivity. Worldwide, 23% of adults and 81% of adolescents (aged 11-17 years) do not meet the WHO global recommendations on physical activity for health.

The Jamaica Health and Lifestyle Survey III, 2016-2017 showed eighty two percent (82%) of Jamaicans engaged in low physical activity, sixteen percent (16%) in moderate activity (minimum World Health Organization recommendations) and two (2%) high activity. This did not differ for age and sex. Fifty two (52%) had made no attempt to increase their physical activity level within the last year.

The Health Promotion and Education Unit (HPE) within the Ministry of Health and Wellness has the mandate to guide and facilitate the development of strategies that promote population wide physical activity and its importance. Based on consultations with key stakeholders and assessments, the HPE Unit has recognized the need to build the capacity of Health Education Teams, other healthcare workers and persons in the fitness industry.

This booklet is meant to be a simple resource guide for health care workers and those who play an integral role in the promotion of physical activity in special settings.

Goal

To promote increased physical activity among the Jamaican population.

Objective

To empower persons to understand the components of fitness and how to administer each component effectively for maximum health benefits.

Purpose

This booklet is a simple resource guide that provides basic information on how to perform a fitness test.

Target

This guide targets anyone who want to perform a fitness test

Design of Guide

The guide is divided into four main sections. They are:

Section 1: What is a Fitness Test

Section 2: How to administer Fitness Test

Section 3: Fitness Test Guideline

Section 4: Resource Guide and Toolkit to Get Fit



SECTION

2

Fitness Assessment Guide

A Bi-Annual Fitness Test should be carried out in physical activity programmes in schools, workplaces and communities.

Objective 1: To keep track of the progress of physical fitness amongst participants of physical activity programmes.

Objective 2: To incorporate fitness test in the physical activity programmes of schools, workplaces and communities.

What is a Fitness Test?

A fitness test comprises groups of exercises and tests used to assess different components of fitness.

Muscular Strength, Cardiovascular endurance and Flexibility are the three main components of fitness needed to maintain a healthy body.

These components of fitness will be assessed by the exercises reflected in the table below.

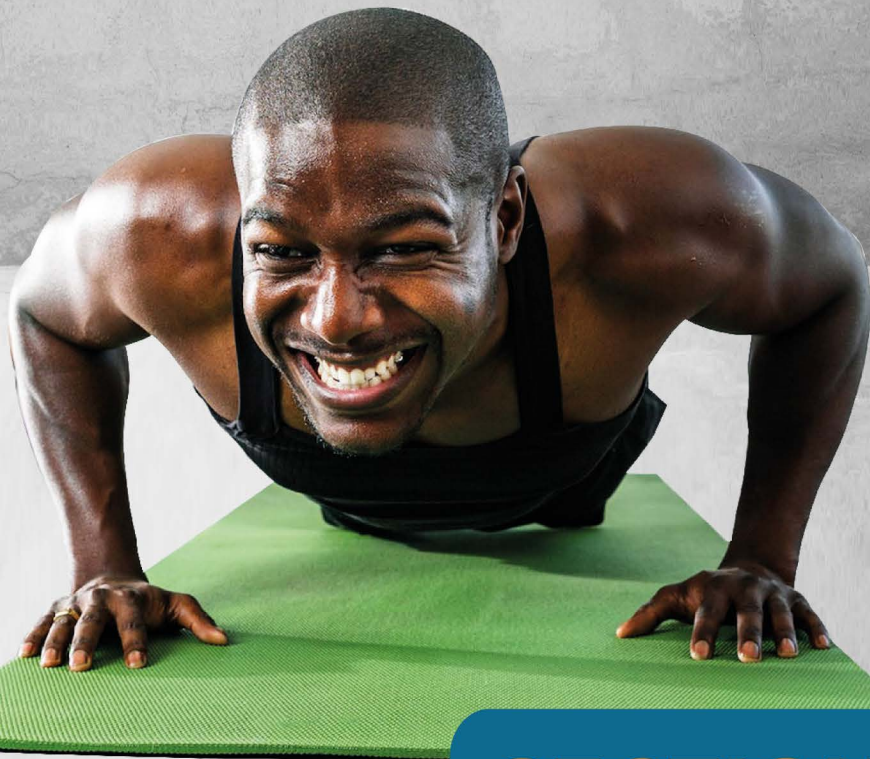
COMPONENT OF FITNESS	EXERCISE	BODY PART
MUSCULAR STRENGTH	Push up (full or chair)	Upper Body
	Sit up or Plank	Core
	Wall sit or squats	Lower body
CARDIOVASCULAR	1 mile walk/run or Step test	Heart and lungs
FLEXIBILITY	V-sit reach, back scratch stretch	Hamstring, back and arms

How to administer a fitness test

Before administering this test , you will need:

- An exercise mat
- A stopwatch
- Comfortable clothes and shoes

There are tables that should be used at the end of each fitness test to assess the level of fitness according to age and gender and to monitor the progress.



SECTION

3

Upper Body Test Guidelines

Objective: To measure upper body strength and endurance.

Test 1: Push ups



The participant will start in a push up position; the body should be fully extended (back and knee straight) in a four-point position (hands, and toes or knees only touching the ground), legs should be straight and parallel to each other, hands should be under the shoulder and elbows should be straight. A push up is completed when the participant bends at the elbow until the upper arm is parallel to the ground ensuring the body is always kept straight.

Test 2: Chair Push Ups

Get a stable chair (ideally one without wheels). Place the hands on the chair then straighten the body and the arms. Bend the elbows bringing the chest to the chair then straighten the arms.



Scoring:

The participant will do as many as he/she can in 1 minute.

MEN					
Age	Excellent	Very Good	Good	Fair	Poor
20-29	36+	29-35	22-28	17-21	<16
30-39	30+	22-29	17-21	12-16	<11
40-49	25+	17-24	13-16	10-12	<9
50-59	21+	13-20	10-12	7-9	<6
60+	18+	11-17	8-10	5-7	<4

WOMEN					
Age	Excellent	Very Good	Good	Fair	Poor
20-29	30+	21-29	15-20	10-14	<9
30-39	27+	22-29	13-19	8-12	<7
40-49	24+	15-23	11-14	5-10	<4
50-59	21+	11-20	7-10	2-6	<1
60+	17+	12-16	5-11	1-4	<1

Core Strength

Objective: To measure abdominal strength/endurance.

Test 1: Sit Ups

Have the participant lie on a mat on a smooth surface with knees flexed. Have someone hold or stand on the feet. Arms may be crossed or straight alongside the body. Keeping this arm position, raise the trunk, curling up, bring the chest to at least 6 inches away from the knee and then lower the back to the floor so that the shoulder blades touch the floor, for one curl-up.



To begin, a timer calls out “Go”. The participant stops on the word “time” or “stop”.

Scoring:

Classification	Under 35 Yrs.	35-45 Yrs	Over 45 Yrs	Gender
EXCELLENT	60	50	40	Male
	50	40	30	Female
GOOD	45	40	25	Male
	40	25	15	Female
FAIR	30	25	15	Male
	25	15	10	Female
POOR	15	10	5	Male
	10	6	4	Female

Plank

Test 2: Plank



On a mat on a comfortable surface the participant starts out by placing both elbows shoulder width apart on the mat. Straighten the body then lift the body in a straight line leaving only the toes and forearm on the mat.

Hold that position for 90 seconds or as close to 90 seconds as you can get.

Ninety (90) seconds is the benchmark for excellence, regardless of age or gender.

Cardiovascular Endurance

Objective:

To measure heart/lung endurance by recording the time taken to complete a mile or 800 meters.

Test 1: 1 mile run

On a safe, one-mile distance, participants begin running on the count after the command "Go". The participant may choose to walk or jog or a combination of both. The participant should however be encouraged to cover the distance as fast as possible. The instruction for this test should be clear for the participants to understand. All participants should go through a proper warm up before they begin.

Scoring:

Times are recorded in minutes and seconds



1-Mile Run or Walk Test		
Percentile	Males	Females
90	11:08	11:45
75	11:42	12:49
50	12:38	13:15
25	13:38	14:12
10	14:37	15:03
Norms (min:sec) for the 1-mile run		

3 Minutes Step Up

Test 2: Step Up Test

For three minutes on a step have the participants step up with one leg, then stand on the step and back down leading with one leg, alternate the legs.

Score

The participant's heart rate will be measured by counting their pulse by placing the middle and index finger on the participant's wrist or at the neck below the chin. If available, a heart rate monitor or watch may be used.



MEN						
Fitness/Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	50-76	51-76	46-76	56-82	60-77	59-81
Good	77-93	77-94	77-88	83-101	78-100	82-102
Average	94-100	95-102	89-105	102-111	101-109	103-110
Below Average	101-107	103-110	106-113	112-119	110-117	111-118
Poor	108-157	111-161	114-163	120-159	118-154	119-151

Women						
Fitness/Age	18-25	26-35	36-45	46-55	56-65	66+
Excellent	52-81	59-80	51-84	63-91	60-92	70-92
Good	82-102	80-101	85-104	92-100	93-111	93-111
Average	103-110	102-110	105-112	111-118	112-118	112-121
Below Average	111-120	111-119	113-120	119-124	119-127	122-126
Poor	121-169	120-171	121-169	125-171	128-174	127-155

Flexibility

Objective:

To measure flexibility of lower back, hips, and hamstrings.

Test 1: V-Sit Stretch



The participant should be seated on the floor with both legs straight. A line should be placed at the heel. A large ruler should be placed between the legs with "38cm" placed at the line at the heel. Heels should be 8-12 inches apart, with hands on top of each other, palms down. The participant places them on the ruler, then reaches forward as far as possible, keeping fingers on the ruler.

Scoring:

The scorer will record the distance that the participant measures in centimeters.

Age	18-25		26-35		36-45		46-55		56-65		65+	
Gender	M	F	M	F	M	F	M	F	M	F	M	F
Average	40	42	40	42	38	39	38	39	37	38	35	36

Back Scratch

Test 2: Back Scratch Test



Place one hand behind the head between the shoulder blades with the palm towards the back, bring the other hand around the opposite end running the hand under the scapula facing up and try to meet both hands between the scapula.

Scoring:

The scorer will measure the distance between the middle and index finger of the left and right hand.

Back Scratch Distance (cm)							
Age	18-25	26-30	31-35	36-45	46-55	56-60	60+
Men	-16+0.0	-19--2.5	-20--2.5	-23--5.1	-24+5.1	-24--7.6	-26.7--0
Women	-7.6+3.8	-8.9-3.8	-10+2.5	-13+1.3	-14+0.0	-18-2.5	-20--2.5

Lower Body

Objective:

To measure the muscular strength and endurance of the lower extremities.

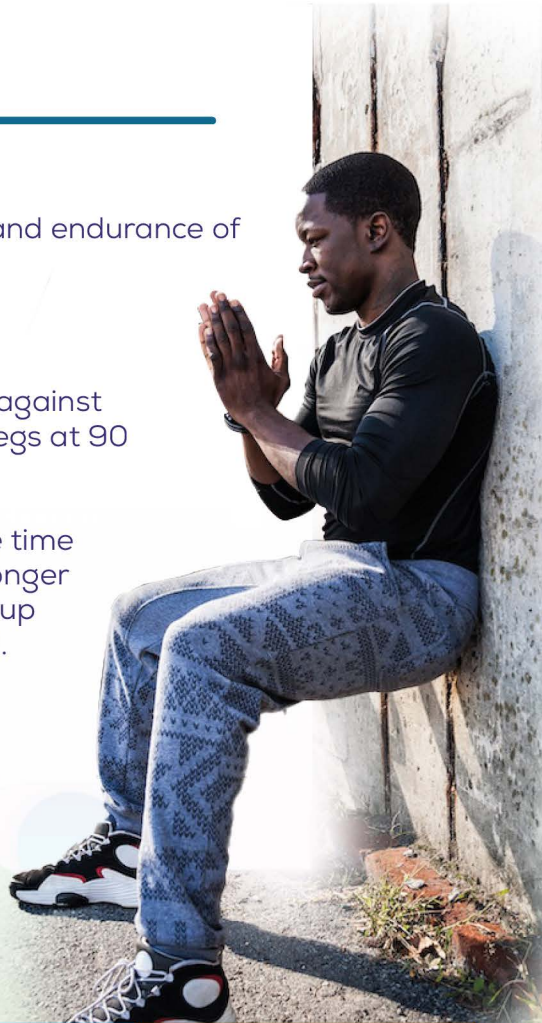
Test 1: Wall Sit

The participant will have their back against the wall while in a seated position, legs at 90 degrees.

The time starts once in position. The time will stop when the position can no longer be held, and the participant stands up or is unable to maintain the position.

Scoring:

The time held in this position will be recorded in seconds. The table below gives a general guideline to expected scores for the wall sit.



Rating	Men (Minutes: Seconds)	Women (Minutes: Seconds)
Excellent	>3:00	>2:50
Very Good	>=2:30	>=2:20
Good	>=2:00	>=1:50
Average	>=1:10	>=1:00
Below Average	<1:10	<1:00

Squats

Test 2: Squats

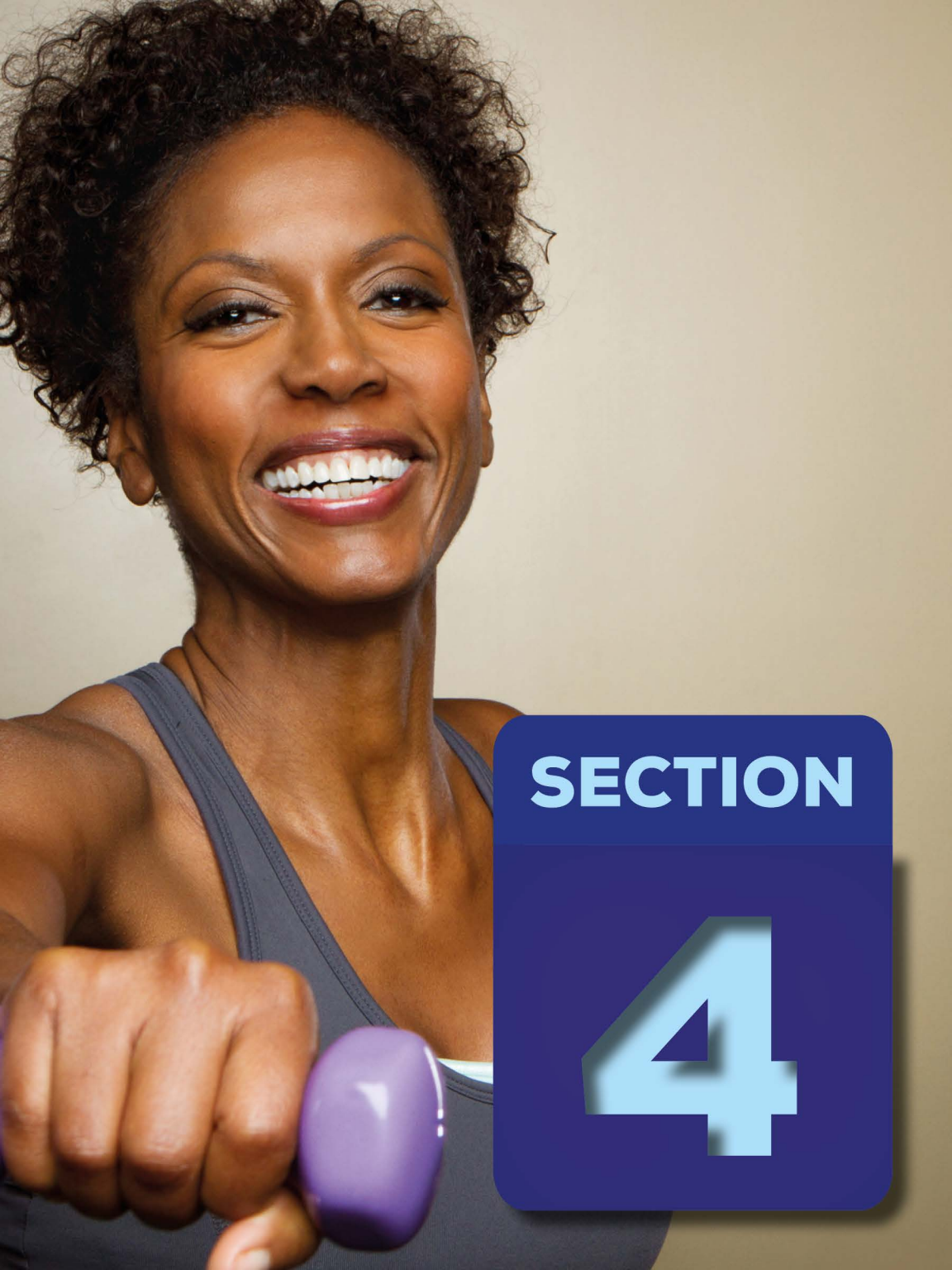


Stand with legs shoulder width apart and toes pointing directly in front. Put a chair behind the legs for guide and safety. You may cross the hand under the chin or have the hands straight out. Bend the knees while pushing the hips back bringing the glute to the chair. Ensure the knees do not go over the toes. Tap the chair with the glute (do not sit) on the chair then back to standing position.

Scoring:

Do as many as you can in 1 minute.

AGE	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>43	>39	>33	>27	>24	23
Good	37-43	33-39	27-33	22-27	18-24	17-23
Above average	33-36	29-32	23-26	18-21	13-17	14-16
Average	29-32	25-28	19-22	14-17	10-12	11-13
Below Average	25-28	21-24	15-18	10-13	7-9	5-10
Poor	18-24	13-20	7-14	5-9	3-6	2-4
Very Poor	<18	<20	<7	<5	<3	<2



SECTION

4

Exercise Levels in Relation to Fitness Assessment

After completing the initial fitness assessment, it is important for the individuals to work on improving or maintaining their level of fitness. The following table indicates what level an individual qualifies as given their performance in the fitness test.

Exercise level based on performance:

Exercise	Level 0	Level 1	Level 2	Level 3
Push Ups	<10	10 >= 20	20 > =35	>35
Sit Up	>15	15>=25	25>=35	>35
Wall Sit	>30 Secs.	30 Secs. > = 1 Min.	1>2 Mins.	>=2 Min.
V-Sit Stretch	35>	35>=38	38>=45	>45
1 Mile Run	20 Mins. =<	19.59 > 15.00 Min.	12.00 < 14.59	>11.00 Mins.

The following programmes will be completed by the participants with the following guidelines.

- Each area will be dependent on person's level of fitness in each area. Eg. Level one upper body strength, but level three core strength.

The individual will then be required to do the exercises designed for level one upper body strength but will be doing the exercises designed for level three core strength.

A day's programme can be designed as follows:

DAY 1

Type	Number Of Exercises	Example	Level Example
Cardio	1	15-Minute Jog	LEVEL 3
Upper Body Strength	2	Wall Push Up 3x10 Triceps Dip 3x10	LEVEL 0
Lower Body Strength	2	4x15 Pulse Squat 4x15 Kick Backs	LEVEL 2
Flexibility	All Stretches	X30 Sec	

Based on a participant's score in the fitness assessment, the following exercises are recommended:

Upper Body Strength Workout

Level Zero:

As a level zero, your upper body is either not strong enough or lacks the endurance to do many pushups. The strengthening of the arm muscles will be done without a full push up.

Exercise	Reps	Set	Rest	Weight
Wall Push Up	10-15	3	1 Min.	
Desk Push Up	10-15	4	1 Min.	
Overhead Press	15-20	3	1 Min.	5 LBS
Triceps Dips	8-12	3	1 Min.	
Db Fly	6-10	3	1 Min .	5 LBS

Level One:

A Level one is adequate with strength but lacks the endurance.

Exercise	Reps	Set	Rest	Weight
Push Up	8-15	4	45 Secs-1 Min.	
Triceps Dip	12-20	4	45 Secs-1 Min.	
Db Fly	15-20	4	45 Secs-1 Min.	5-10 LBS
Bent Over Row	15-20	4	45 Secs-1 Min.	5-10 LBS



Level Two:

Level two has adequate strength and endurance but may need to improve on muscular endurance.

Exercise	Reps	Set	Rest	Weight
Push Up Normal	20-25	4	1 Min.	
Push Up Close	15-20	4	1 Min.	
Triceps Dip	20-25	4	1 Min.	
Elevated Push Up	10-20	4	1 Min.	
Dumbbells Flys	10-20	4	1 Min.	10-25 lbs
Bent Over Row	10-20	4	1 Min.	10-25 lbs
Pull Up	6-15	4	1 Min.	

Level Three:

Level three has the appropriate level of strength and endurance and needs to do more to get better at maintaining that level of fitness.

Exercise	Reps	Set	Rest	Weight
Push Up Normal	25-35	4-5	1 Min.	
Push Up Close	25-35	4-5	1 Min.	
Sphinx Push Up	20-30	4-5	1 Min.	
Elevated Push Up	20-30	4-5	1 Min.	
Triceps Dip	25-35	4-5	1 Min.	
Pull Ups	10-25	4-5	1 Min.	
Arm Extensions Hold	15-30 Secs.	4-5	1 Min.	5-15 Lbs
Plyo Push Up	10-15	4-5	1 Min.	

Core Strength Workout

Level Zero:

Level zero are those who significantly lack core strength and endurance.

Exercise	Reps	Set	Rest
Planks	15-30 Sec.	3	1 Min.
Oblique Curl	10-15	3	1 Min.
Leg Raises	10-15	3	1 Min.
Scissors	20-30	3	1 Min.
Sit Ups	6-15	3	1 Min.
Back Extension	10	3	1 Min.

Level One

Level one includes those who have adequate core strength but lack core endurance.

Exercise	Reps	Set	Rest
Planks	45 Sec.- 1 Min.	3	45 Sec.
Oblique Curl	20-26	3-4	45 Sec.
Leg Raises	15-25	3	45 Sec.
Scissors	30-40	3	45 Sec.
Sit Ups	20	3	45 Sec.
Back Extension	15	3	45 Sec.
Russian Twist	30-40	3	45 Sec.

Level Two

Level two has an appropriate amount of core strength and endurance but needs improvement.

Exercise	Reps	Set	Rest
Planks	45 Sec. - 1 Min.	4	45 Sec.
Side Plank	30 Sec.	4	45 Sec.
Oblique Curl	30	4	45 Sec.
Leg Raises	25	4	45 Sec.
Scissors	30-40	4	45 Sec.
Sit Ups	25	4	45 Sec.
Russian Twist	40	4	45 Sec.
Back Extension	20	4	45 Sec.
V-Sit Up	10-15	4	45 Sec.

Level Three

Level three are those with adequate core strength and endurance and has the need to work to maintain or get better.

Exercise	Reps	Set	Rest
Planks	1-1:10 Min.	4	45 Sec.
Side Plank	45 Sec.	4	45 Sec.
Oblique Curl	40	4	45 Sec.
Leg Raises	30	4	45 Sec.
Scissors	50	4	45 Sec.
Sit Ups	30	4	45 Sec.
Russian Twist	50	4	45 Sec.
Back Extension	30	4	45 Sec.
V-Sit Up	20	4	45 Sec.

Lower Body Strength Workout

Level Zero:

Level zero reflects those who significantly lack muscular strength and endurance in the lower body.

Exercise	Reps	Set	Rest
Squats	10	3	45 Sec.
Hip Thrust	15	3	45 Sec.
Calf Raises	20	3	45 Sec.
Kick Back	10	3	45 Sec.
Side Leg Raise	10	3	45 Sec.
Wall Sit	20 Sec.	3	30 Sec.

Level One:

Those in the level one category can choose from the following workouts weekly.

Exercise	Reps	Set	Rest
Squats	15	3	45 Sec.
Hip Thrust	20	3	45 Sec.
Calf Raises	25	3	45 Sec.
Kick Back	15	3	45 Sec.
Side Leg Raise	15	3	45 Sec.
Wall Sit	35	3	30 Sec.
Pulse Squat	15	3	45 Sec.



Level Two:

Those in the level two category can choose from the following workouts weekly.

Exercise	Reps	Set	Rest
Squats	15	4	45 Sec.
Hip Thrust	20	4	45 Sec.
Calf Raises	25	4	45 Sec.
Kick Back	15	4	45 Sec.
Side Leg Raise	15	4	45 Sec.
Wall Sit	40	4	30 Sec.
Pulse Squat	15	4	45 Sec.
Jump Squat	10	4	45 Sec.
Lunges	10	4	45 Sec.

Level Three:

Those in the level three category can choose from the following workouts weekly.

Exercise	Reps	Set	Rest
Squats	15-20	4	45 Sec.
Hip Thrust	20-30	4	45 Sec.
Calf Raises	30	4	45 Sec.
Kick Back	20	4	45 Sec.
Side Leg Raise	20	4	45 Sec.
Wall Sit	1 Min	3-4	30 Sec.
Pulse Squat	20	4	45 Sec.
Lunges	12	4	45 Sec.
Jump Squats	20	4	45 Sec.
Single Leg Deadlift	12	4	45 Sec.
Single Leg Squat	12	4	45 Sec.

Cardiovascular Endurance

Level Zero:

Those in the level zero category can choose from the following workouts weekly.

Exercise	Duration	Intensity	Details
Walk	45 Mins.-1 hour	Moderate	50% Intensity
Moderate To Pace Walk	30-45 Mins.	Moderate	Moderate walk for 2 minutes pace walk for 2 minutes
Hill Jog	10x50 Meters	Moderate	Pace walk up the hill and walk back

Level One:

Those in the level one category can choose from the following workouts weekly.

Exercise	Duration	Intensity	Details
Walk	45 Mins.-1 hour	60%	Pace walk
Pace Walk-Jog	30-45 Mins.	60%	Pace walk for 2 minutes, jog for 2 minutes
Hill Jog	10x50 Meters	60%	Jog up the hill and walk back

Level Two:

Those in the level two category can choose from the following workouts weekly.

Exercise	Duration	Intensity	Details
Jog	15-20 Mins.	60%	Consistent jog for at least 15 minutes
Pace Walk-Sprint	30 Mins.	60%	Pace walk for 2 minutes, sprint for 30 seconds
Hill Sprints /Suicide	10x50 Meters	60%	Sprint up the hill and walk back

Level Three:

Those in the level three category can choose from the following workouts weekly.

Exercise	Duration	Intensity	Details
Jog	15-20 Mins.	65-70%	Consistent jog for at least 15 minutes
Jog - Sprint	15-30 Mins.	65%	Slow jog 1 minute, sprint for 30 seconds
Hill Sprints /Suicide	2x10x50 Meters	60%	Sprint up the hill and slow jog back

General Aerobic Workout

Exercise	Time/Reps	Sets
Jog In Place	30 Sec.	1
Boxing Punches (Fwd.)	30 Sec.	1
Boxing Punches (Across)	30 Sec.	1
Skipping	30 Sec.	1
Punch Fwd. Dip	30 Sec.	1
Skipping	30 Sec.	1
Punch Up Dip	30 Sec.	1
Skipping	30 Sec.	1
Punch Across	30 Sec.	1
Skipping	30 Sec.	1
Pace Walk In Place	1 Min.	1
Burpees	1 Min.	1
Walking High Knees	30 Sec.	1
Jump Squats	1 Min.	1
Walking High Knees	30 Sec.	1
Jumping Jacks	1 Min.	1
Walking High Knees	30 Sec.	1
Walk And Reach (Sky)	1 Min.	1
Walking High Knees	30 Sec.	1
Punch And Kick	1 Min.	1
Cool Down	2 Min.	

Improving Flexibility

No matter the level of flexibility, it is important to stretch after a workout or a day can be designated to improving flexibility.

Flexibility			
Neck	1	20-40 Secs.	Pull head to the left with the left hand, then right, push head back placing the thumb under the chin and push up, drop head forward holding the back of the head pulling down
Shoulder	1	20-40 Secs.	Place right hand across the chest, with the left hand hold just below the elbow and pull in
Triceps	1	20-40 Secs.	Place one hand over the head, place the palm of the hand between the scapula, place the other hand on the elbow Gently pull the elbow down
Back	1	20-40 Secs.	Stand up straight, then bend at the waist, hold your ankle, shin, or knee Pull the head as close to the knee as possible
Hips	1	20-40 Secs.	From a standing position take a big step forward Bend both knees, back knee going towards the ground, ensure front knee does not go over the toe If the right leg is at the back, raise the right arm and ensure the upper body is straight
Hamstrings	1	20-40 Secs.	Stand up straight, bring one leg slightly froward keeping it straight on the heel, toes pointing up Slightly bend the back leg Reach to the toes of the front leg
Quadriceps	1	20-40 Secs.	Stand up straight, bend one leg at the knee Reach back and hold the ankle of the bent leg and pull heel towards the glute

PHYSICAL ACTIVITY BENEFITS SELF ASSESSMENT TOOL

The questions below are to monitor how physical activity has affected your well being. This will be your personal assessment tool to monitor types of benefits you experience after a workout session and your progress within 24hrs, 6 weeks and 6 months post Physical Activity has many benefits. On a scale of one to five (1-5) with five (5) being the highest rate your experience after participating in physical activity a session for at least 30 minutes daily.

SHORT TERM EFFECTS AFTER PHYSICAL ACTIVITY SESSION					
<i>After participating in a workout session I experience:</i>					
Increased breathing rate	1	2	3	4	5
Increased heart rate	1	2	3	4	5
Increased concentration	1	2	3	4	5
Increase performance on the job/academics	1	2	3	4	5
Less stress/anxious	1	2	3	4	5
Increases blood circulation	1	2	3	4	5
Improved mood	1	2	3	4	5
Better sleep	1	2	3	4	5
More peace and tranquility	1	2	3	4	5
INTERMEDIATE EFFECTS AFTER PHYSICAL ACTIVITY WITHIN 6 WEEKS					
<i>After participating in a workout session I experience:</i>					
Improved posture	1	2	3	4	5
Less aches and pains	1	2	3	4	5
More confidence	1	2	3	4	5
Increased energy/feel less tired	1	2	3	4	5
Better concentration/more productive	1	2	3	4	5
LONG TERM EFFECTS AFTER PHYSICAL ACTIVITY 6 MONTHS OR MORE					
<i>After participating in a workout session I experience:</i>					
Better/stronger immune system	1	2	3	4	5
Stronger bones and muscles	1	2	3	4	5
Fit and toned body	1	2	3	4	5
Quick recovery from illness	1	2	3	4	5
Weight lost/better managing my weight	1	2	3	4	5
Better management and control my NCDs	1	2	3	4	5
Delay aging/Feeling and looking younger	1	2	3	4	5
A stronger motivation to do Physical Activity as a part of my daily routine	1	2	3	4	5
Better quality of life	1	2	3	4	5



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