

Physical Fitness Assessment

Physical fitness is an important component to living a healthy life. Take this assessment to determine your fitness level.

1 I engage in some form of physical activity each day (e.g., walking, climbing stairs, carrying groceries).

Yes

No

2 I am able to climb several flights of stairs without feeling winded.

Yes

No

3 I can walk a mile at a moderate pace while simultaneously having a conversation.

Yes

No

4 I have enough energy to perform my daily tasks without feeling fatigued.

Yes

No

5 I engage in moderate to intense physical exercise.

Yes

No

6 I lift weights or other heavy objects.

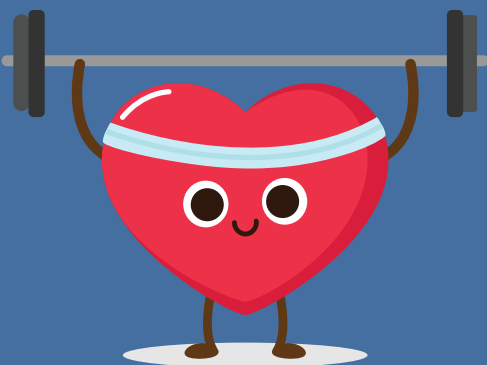
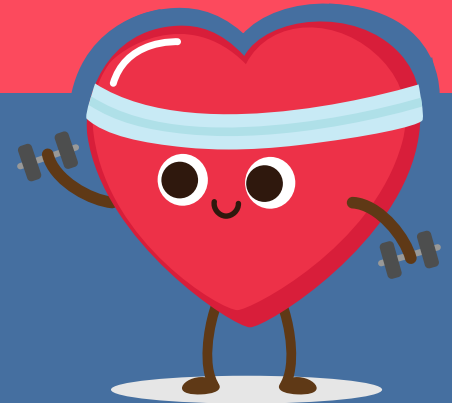
Yes

No

7 I make sure to stretch my muscles for at least five minutes before and after I work out.

Yes

No



Results

If you answered "Yes" to each of these questions: Congratulations! Based on your responses, you appear to be physically fit. You are reaping the many benefits of exercising.

If you answered "No" to any of these questions, you may need to improve your physical fitness. Talk to your doctor about beginning a fitness program and incorporating physical activity into your daily life.



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