

## Standards for Healthy Fitness Zone

|  |     | RUN EITHER      |           | PLUS 2 of 3     |                 |               |
|--|-----|-----------------|-----------|-----------------|-----------------|---------------|
|  |     | PACER (20m)     | Mile run  | Curl-ups        | Push-ups        | Sit & reach   |
| Age  |     | (no. completed) | (min:sec) | (no. completed) | (no. completed) | (avg. inches) |
| <b>M</b><br><b>a</b><br><b>i</b><br><b>e</b><br><b>s</b>                         | 10  | 17              | 11:30     | 12              | 7               | 8             |
|  | 11  | 20              | 11:10     | 15              | 8               | 8             |
|  | 12  | 23              | 10:40     | 18              | 10              | 8             |
|  | 13  | 29              | 9:46      | 21              | 12              | 8             |
|  | 14  | 36              | 9:22      | 24              | 14              | 8             |
|  | 15  | 42              | 9:04      | 24              | 16              | 8             |
|  | 16  | 47              | 8:42      | 24              | 18              | 8             |
|  | 17  | 50              | 8:22      | 24              | 18              | 8             |
|  | 18+ | 54              | 8:04      | 24              | 18              | 8             |
| <b>F</b><br><b>e</b><br><b>m</b><br><b>a</b><br><b>i</b><br><b>e</b><br><b>s</b> | 10  | 17              | 11:30     | 12              | 7               | 9             |
|  | 11  | 20              | 11:10     | 15              | 7               | 10            |
|  | 12  | 23              | 10:40     | 18              | 7               | 10            |
|  | 13  | 25              | 10:20     | 18              | 7               | 10            |
|  | 14  | 27              | 10:09     | 18              | 7               | 10            |
|  | 15  | 30              | 9:58      | 18              | 7               | 12            |
|  | 16  | 32              | 9:46      | 18              | 7               | 12            |
|  | 17  | 35              | 9:34      | 18              | 7               | 12            |
|  | 18+ | 38              | 9:22      | 18              | 7               | 12            |