

Physical Fitness Assessment

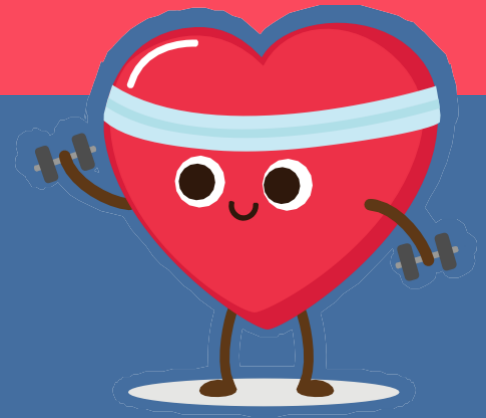
Physical fitness is an important component to living a healthy life. Take this assessment to determine your fitness level.

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

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

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

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

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- I engage in moderate to intense physical exercise.

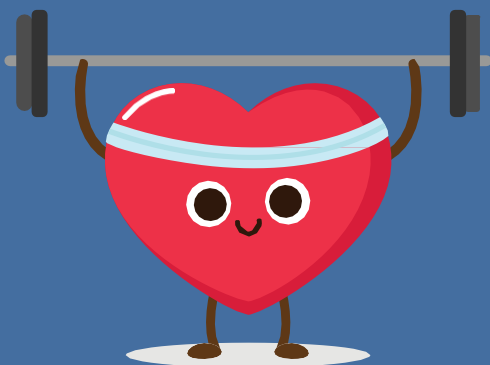
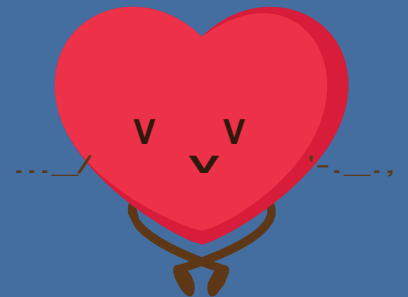
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- I lift weights or other heavy objects.

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

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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.



24/7 Live Assistance:
Call: 844-506-5374
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