**Demonstrating Wellness**

This assignment is the culmination of all the positive changes you have made over the course of the term. We began by targeting unhealthy behaviors in order to elicit better choices. We then created plans to become more physically fit through healthy diet and exercise. By increasing our knowledge / self-awareness and stress management, we became more resilient. We ended by exploring how community service can make us feel more positive about ourselves and our surroundings.

* Please reflect on the steps you have taken and share the changes you have made and how you feel about them.
* Repeat the fitness assessments so you can quantify your improvements.
* Attach your workout log to show progression at week 1, week 3, and week 6.

What are your strengths and weaknesses now? What stage of change are you in? What is your next SMART goal?

Have you achieved your physical fitness goals, what's next and how do you feel?

How have your eating patterns improved, what's the next goal and how do you feel?

What new stress management techniques did you add? Have they helped? How do you feel about future?

Were you able to volunteer or perform service in the community?

**Fitness Re-Assessment**

* **Body mass index**
  + Determine body mass index  
    <http://www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm>

|  |  |  |  |
| --- | --- | --- | --- |
| Height (feet and inches) | Weight (lbs) | BMI # | Fitness rating (underwieght, normal, overweight, etc.) |
|  |  |  |  |

* **Blood Pressure**
  + Have your blood pressure tested at any of the following locations: Free at any fire station; Doctor's office; Walgreens / Publix
  + After blood pressure taken, refer to the following site to determine your rating for blood pressure rating.  
    [http://www.mayoclinic.com/health/bloodpressure/HI00043](http://www.mayoclinic.com/health/blood-pressure/HI00043)    
    <http://www.heart.org/beatyourrisk/en_US/main.html>

|  |  |  |
| --- | --- | --- |
| Time of day | Blood pressure  Systolic/Diastolic | Rating (normal, prehypertension, hyper etc) |
|  |  |  |
|  |  |  |
|  |  |  |

* **Resting Heart Rate**
  + Take your resting heart rate by using your carotid (by your neck) or your radial (by the inside of your wrist, thumb side) for 60 seconds. Include three trials for resting heart rate.
  + Resting heart rate average is between 60 - 100 beats per minute.

|  |  |  |
| --- | --- | --- |
| Time of day | Resting heart rate/ beat per minute | Rating (brady, normal, tachy) |
|  |  |  |
|  |  |  |
|  |  |  |

* **One-mile walk test**
  + Determine a one-mile walk test in your neighborhood or a quarter-mile track at a local high school. Walk as fast as you can for one-mile. Write down your time for the mile and immediately take your heart rate for 15 seconds. You will need to multiply your 15-second count by 4 for a total of 60 seconds. DO NOT RUN for this test. Use your arms for power and to raise your heart rate. Do the best you can.
  + Directions for walk-test with calculator   
    <http://walking.about.com/library/cal/ucrockport.htm>
  + Results: <http://www.whyiexercise.com/rockport-walking-test.html>

|  |  |  |  |
| --- | --- | --- | --- |
| One-mile walk time | Heart rate (60 seconds) | VO2 max (number received from web site above) | Fitness rating |
|  |  |  |  |

* **Endurance Tests**
  + **Muscular endurance (sit-up test)** Instead muscular endurance is established by the number of repetitions an individual can perform against a sub-maximal resistance or length of time. Therefore a bent-knee sit-up test will be performed for one minute. Be sure to preview the animation prior to beginning the sit-up test. <http://www.exrx.net/Calculators/SitUps.html>
  + **Push-up Test.** View animation prior to completing push-up test. Perform as many push-ups as you can without pausing. Try a few push-ups before the actual test. Use a mat if needed or carpet. Elbow should be fully extended.<http://www.exrx.net/Calculators/PushUps.html>

|  |  |  |
| --- | --- | --- |
| Sit ups (one minute) | Number completed | Rating |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| Push-ups (no time limit) | Number completed | Rating |
|  |  |  |

* **Target Heart Rate** 
  + Review Unit 1 reading for formula to calculate your lower - upper limit. Choose your lower to upper limit such as, 70 - 85%. This depends on your goals. Some may not be in good shape and should start out to use 55 - 70% others may use up to 85%.  
    220 – age = \_\_\_\_\_\_Maximal heart rate