

## EVALUATION OF MY PHYSICAL CONDITION AND HEALTHY HABITS

TEST	2016 RESULTS	THIS YEAR'S RESULTS	2016 MARK	THIS YEAR'S MARK
Leg strength: Standing long jump	1,47 m	1,73 m	3,5	6,5
Flexibility: Seat and reach	13 cm	15 cm	7	7,5
Abdominal strength: 30" crunches	30 crunches	33 crunches	9,5	10
Resistance: Course Navette	6 periods	8 periods	5,5	7
Agility: 5x10 m Shuttle run	18,35"	17,32"	7,5	8,5
Arm strength: 30" Push ups	20 push ups	24 push ups	8	
Arm strength: Kipping pull-ups	2 pull ups	2 pull ups	1	
Velocity: 30 m	7,14"	6,52"	8	10
Resistance: Burpee Test	23 burpees	28 burpees	4	6

### Leg strength

The standing long jump is a test that I've never liked, because I'm always terrible at it. I think it's because of my height and my legs' length that I always have a terrible mark. This year, my results have improved a lot, and I have a 6,5, which is not the best mark, but it's a great grade compared to past results. This shows that my leg strength is better, or maybe my legs are longer.

### Flexibility

In the Seat and Reach test I have a 7,5, which is a good mark because we use to lose flexibility when we get older and I've gotten better at it, so I'm proud of this but I think I could top it. In the other flexibility test, the one where you have to split and reach, my results were really good compared to past years, so I'm happy because one day I'd like to split completely.

### Abdominal strength

This is a test I've always liked because I think I'm pretty good at it, due to dancing classes, my mark is a 10, I've topped last year's mark so that's great and I hope I can keep these results.

### Resistance

This year's mark in the Course Navette test is a 7 and in the Burpee Test is a 6, which is better than last year's, but I think I should try to improve it, because

resistance has always been one of my weaknesses and I could go running or cycling more often to get better. Also, in this kind of tests I use to get nervous and I breathe incorrectly, so I should work with that too.

### **Agility**

My grade in this test is an 8,5, which was surprising for me because it's better than last year's 7,5, maybe it's due to my new dancing classes, where there are a lot of fast moves.

### **Arm strength**

My arm strength has always been terrible, even though this year I made more push ups and the grade is good, the results in the kipping pull-ups are the same as always, so I should definitely work to top them, maybe trying to do more weightlifting exercises. There aren't any equivalent marks here, so I guess I would have more or less the same marks as last year.

### **Velocity**

In this test I have a 10, which surprises me because I've improved since last year, but I think I haven't changed anything to beat it, so maybe this result is due to my healthier habits.

In general, this year I've really improved my results and marks, even in those tests where you get worse results when you get older, so I think I should be proud of it and try to keep it that way, even beat it.

Analyzing my results, my age and my habits, I think my physical condition is normal, adequate for my age and healthy (in general).

I'm pretty good at velocity, agility and abdominal strength, things I've said are due to my dancing classes, because there are fast moves and we work with the abs a lot. There are things I should try to enhance like always, such as arm strength, resistance and maybe leg strength, that I could improve by go running or cycling to the park or the river and maybe weightlifting.

### **My healthy habits and physical activity**

I believe my healthy habits are okay for my age and I think I've improved them since last year, maybe that's why my physical condition results are better. I've started to eat really healthy, quitting bad habits and fast food. Also, I've started doing another type of dance I really enjoy, I go walking everywhere I can instead of using public transports and sometimes I go hiking or cycling with my family or friends.

I think I could try to get better at my physical activity, maybe trying some new sports as I've said, like running, cycling more often or going to the gym, but I think, in general, my healthy habits are pretty good compared to other people with my age. I think everyone should try to improve theirs, to have a healthier life and feel better with themselves.