# **EVALUATION OF PHYSICAL CONDITION AND HEALTHY HABITS**

**Speed - 5’26s (10)**

I've been playing basketball for more than 10 years, and speed is one of the physical abilities I've worked harder to overcome opponents more easily.

**Abdominal exercises - 30 (9)**

I do my abs 3 times a week, so I have an acceptable score. Surely if I do it more often, the score will increase.

**Jump - 2,34m (8'5)**

It is true that basketball requires a good leap, but the type of leap that works most for this sport is vertical. That is why I do not have the long jump technique as I’d like to achieve.

**Resistance - 14 (10)**

I run twice or three times a week, so I'm used to taking a lot of time in the race.

**Flexibility - 12cm (8)**

I don’t have a great flexibility so I would like to improve it.

***I’ve played basketball 8 hours a week since I was 11, that’s why I have a good physical condition. However, I think that I can improve a lot and I want to do it, so I will go running more times a week and I will go to the gym more often.***