



TAKE THE WALKING TEST

Do You Know How Fit You Are?

- Evaluating your progress is an important step in improving your fitness. Re-evaluation helps you stay on track.
- Nothing motivates like success.

A Simple Walking Test

- This simple walking test is one that you can do yourself. You can use this test as a tool to judge your progress over time.

Equipment Needed

- A watch with a seconds hand.
- Find a course that takes you 4 - 6 minutes to complete. It does not have to be flat and you do not need to know the distance. You do not have to walk it fast or at any particular speed.

How To Do The Walking Test

- Walk the course. Time how long it takes you to cover the course to the nearest second. Take your pulse for 10 seconds immediately after finishing the walk and multiply by six to obtain the beats per minutes. Record both how long it took you to complete the course and your heart rate immediately after the walk.
- Repeat the test exactly the same way after a few weeks. If you are consistently increasing your physical activity, you will note changes. Your time for the same distance should decrease, your heart rate should be lower immediately after the walk or both changes may occur.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.