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can use to measure the progress that you are making towards your goals. Wellness Activity #1: The 1.5 Mile Run/Walk Test
Wellness: Concepts and Applications, Chapter 3, Page 103
Purpose: This activity is used to determine an individual's cardiorespiratory fitness. Once a time is found, the...

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Chapter 13, Page 451.

Purpose: Determine
the chance of
developing diabetes.
Directions: Check the
Yes or No column for
each statement. The
more questions you
answer with a yes, the
higher the risk of
developing diabetes. If

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you have 5+ yes, you should contact a doctor. Assessment: I answered no to all statements.

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