Wellness-Related Fitness Data

2009 State Summary

	Abdominal						Aerobic					
	Boys			Girls			Boys			Girls		
Grade	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ
04	39020	34238	**87.74**	37912	32804	**86.53**	37095	26150	**70.49**	35275	31334	**88.83**
05	37639	32759	**87.03**	35369	30757	**86.96**	37472	26570	**70.91**	35986	29869	**83**
06	38380	34415	**89.67**	37332	33059	**88.55**	38421	27129	**70.61**	37306	30720	**82.35**
07	38631	34992	**90.58**	36631	32701	**89.27**	38515	25400	**65.95**	36543	27492	**75.23**
08	33378	30238	**90.59**	30103	27023	**89.77**	33622	23506	**69.91**	30194	21907	**72.55**
09	36672	33031	**90.07**	36658	30922	**84.35**	36643	24263	**66.21**	34740	22312	**64.23**
10	37778	33137	**87.72**	34191	30981	**90.61**	35729	22272	**62.34**	34014	19950	**58.65**
11	4824	4502	**93.33**	2510	2252	**89.72**	4739	3036	**64.06**	2500	1228	**49.12**
12	1802	1660	**92.12**	571	498	**87.22**	1726	980	**56.78**	552	205	**37.14**
Total	268124	238972	**89.13**	251277	220997	**87.95**	263962	179306	**67.93**	247110	185017	**74.87**

	Upper Body Strength						Flexibility					
	Boys			Girls			Boys			Girls		
	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ
4	46437	31276	**67.35**	37372	27997	**74.91**	39091	32419	**82.93**	37547	32637	**86.92**
5	37517	29465	**78.54**	35268	25900	**73.44**	37662	30916	**82.09**	35414	30214	**85.32**
6	38232	30169	**78.91**	36977	28052	**75.86**	38227	31247	**81.74**	37104	31698	**85.43**
7	38134	29555	**77.5**	36247	27545	**75.99**	38255	31423	**82.14**	36376	31818	**87.47**
8	33512	26302	**78.49**	30255	23465	**77.56**	33563	28012	**83.46**	30503	26943	**88.33**
9	39281	28630	**72.89**	34962	26615	**76.13**	36662	31079	**84.77**	35065	30023	**85.62**
10	35560	28224	**79.37**	33892	27084	**79.91**	35904	31047	**86.47**	34326	29442	**85.77**
11	4904	4066	**82.91**	2630	1979	**75.25**	4731	4017	**84.91**	2511	2067	**82.32**
12	1756	1466	**83.49**	553	409	**73.96**	1721	1443	**83.85**	553	435	**78.66**
Total	275333	209153	**75.96**	248156	189046	**76.18**	265816	221603	**83.37**	249399	215277	**86.32**

Wellness-Related Fitness Data

2009 State Summary

	Trunk Lift						Body Compostion (Optional)					
	Boys			Girls			Boys			Girls		
	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	%
4	32663	28745	**88**	31069	28485	**91.68**	1583	1096	**69.24**	1625	1295	**79.79**
5	30868	27073	**87.71**	29211	26064	**89.23**	1606	1078	**67.12**	1533	1175	**76.65**
6	31701	27715	**87.43**	30820	27777	**90.13**	2125	1255	**59.06**	1854	1347	**72.65**
7	31260	27373	**87.57**	30078	27116	**90.15**	1966	1303	**66.28**	1853	1343	**72.48**
8	27054	23858	**88.19**	24440	22333	**91.38**	2073	1431	**69.03**	1898	1324	**69.76**
9	28372	24799	**87.41**	27170	24212	**89.11**	966	675	**69.88**	1084	774	**71.4**
10	27924	24789	**88.77**	26444	24274	**91.79**	928	655	**70.58**	1068	704	**65.92**
11	4249	3780	**88.96**	2288	2030	**88.72**	103	86	**83.5**	89	62	**69.66**
12	1430	1281	**89.58**	451	394	**87.36**	62	55	**88.71**	48	37	**77.08**
Total	215521	189413	**87.89**	201971	182685	**90.45**	11412	7634	**66.89**	11052	8061	**72.74**