

How to test your fitness



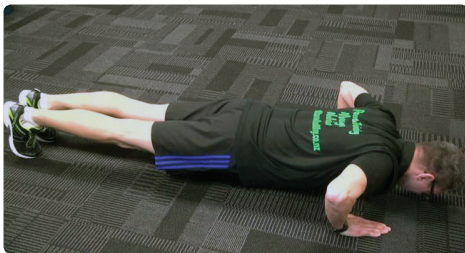
We are all starting our fitness journey in a slightly different place, so Diabetes magazine columnist Craig Wise has created an easy way to test your fitness. You can do this at home, all you need is a piece of paper and a pen to write down how you do...

These are a few simple fitness exercises to test how good your fitness is. Then in six weeks' time after you've done a little bit of activity every day, you can bring out your notes and compare where you're at now with where you were before.

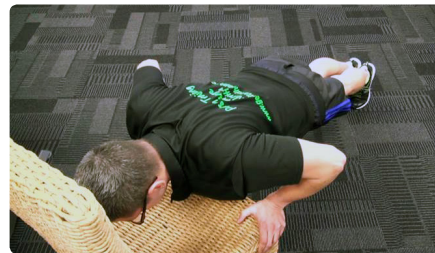
1 The press up test

Set your phone's stopwatch to 60 seconds, and count the number of press ups you can do in a minute. Not everybody can do a minute's worth of full press ups so there are a number of variations to choose from:

A full press up



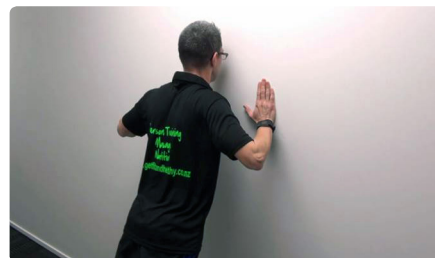
Using the back of a chair



Using your knees



Against the wall



2 The step test

This is a cardiovascular test to see how good your heart rate is going. Take your resting pulse and note it down. Find a step, and set your stopwatch to three minutes. Step up and down, up and down.



Immediately check your pulse again and see how long it takes before your pulse returns to the level it was to start with. As you get fitter you should find that that time difference gets shorter and shorter.

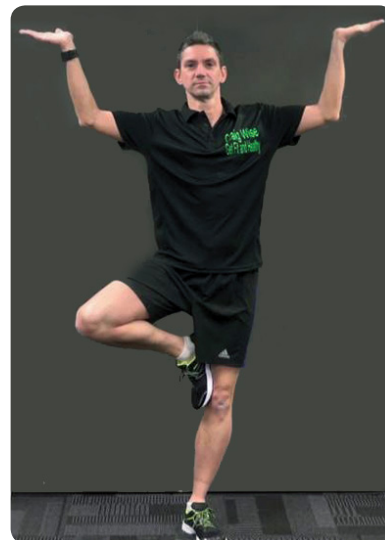
3 The wall squat

Sit against the wall as if it was an invisible chair, knees and bottom in line with each other, pushing your back into the wall. You are likely to feel a burn through your legs. Time how long you can hold that pose for. As your fitness improves the time you can spend leaning against the wall will get longer and longer.



4 Core strength

Stand with one leg on the floor, knee slightly bent. Lift your other foot up to your knee. Once you have your balance, lift your hands above your shoulders, almost in a yoga pose. Time how long you can hold this. This tests your core strength and you will feel your muscles working, especially in your torso area.



Diabetes New Zealand is a leading national organisation and registered charity. Our aim is to support all people affected by diabetes to live well through: Providing information and support to help people take charge of their health • Acting as an advocate and representing all people with, or at risk of developing, diabetes • Raising awareness of diabetes, especially around lifestyle factors that can help prevent or delay type 2 and help manage and control type 1 and type 2.