

Wellness-Related Fitness Data 2008 State Summary

Grade	Abdominal				Aerobic				Upper Body Strength				Flexibility				Trunk Lift			
	Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls	
	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ
4	34349	29537	32562	28413	32459	22589	30553	26724	34139	26901	32381	24084	34220	28105	32602	28391	28299	24822	26930	24529
	In HFZ: 85.99%		In HFZ: 87.26%		In HFZ: 69.59%		In HFZ: 87.47%		In HFZ: 78.80%		In HFZ: 74.38%		In HFZ: 82.13%		In HFZ: 87.08%		In HFZ: 87.71%		In HFZ: 91.08%	
5	34225	29690	32245	27781	34201	23741	32707	27488	33847	26128	31974	23136	34390	28008	32443	27501	27854	24239	26411	23754
	In HFZ: 86.75%		In HFZ: 86.13%		In HFZ: 69.42%		In HFZ: 84.04%		In HFZ: 77.19%		In HFZ: 72.36%		In HFZ: 81.44%		In HFZ: 84.77%		In HFZ: 87.02%		In HFZ: 89.94%	
6	35927	31671	34432	30214	35399	24225	34125	27629	35718	27231	34253	25228	35717	29014	34413	29456	28483	24909	27645	24816
	In HFZ: 88.15%		In HFZ: 87.75%		In HFZ: 68.43%		In HFZ: 80.96%		In HFZ: 76.24%		In HFZ: 73.65%		In HFZ: 81.23%		In HFZ: 85.6%		In HFZ: 87.45%		In HFZ: 89.77%	
7	33210	29731	31363	27873	33106	21905	31288	23687	33443	25456	31645	23501	33350	27381	31712	27476	27115	23025	25704	22869
	In HFZ: 89.52%		In HFZ: 88.87%		In HFZ: 66.17%		In HFZ: 75.71%		In HFZ: 76.12%		In HFZ: 74.26%		In HFZ: 82.1%		In HFZ: 86.64%		In HFZ: 84.92%		In HFZ: 88.97%	
8	29732	26667	26544	23635	28961	19755	25839	18323	29431	22622	26307	19793	29717	24572	26788	23398	24169	20587	21609	19213
	In HFZ: 89.69%		In HFZ: 89.04%		In HFZ: 68.21%		In HFZ: 70.91%		In HFZ: 76.86%		In HFZ: 75.24%		In HFZ: 82.69%		In HFZ: 87.35%		In HFZ: 85.18%		In HFZ: 88.91%	
9	34559	31098	33012	29159	34506	22566	32852	19975	34747	26890	33054	25011	34629	28846	33271	28160	28649	23267	25429	22717
	In HFZ: 89.99%		In HFZ: 88.33%		In HFZ: 65.4%		In HFZ: 60.8%		In HFZ: 77.39%		In HFZ: 75.67%		In HFZ: 83.3%		In HFZ: 84.64%		In HFZ: 81.21%		In HFZ: 89.34%	
10	29735	26357	26999	24192	28537	17542	26264	15119	29054	22723	27762	20856	28910	24271	27238	22615	22611	19863	21166	19148
	In HFZ: 88.64%		In HFZ: 89.6%		In HFZ: 61.47%		In HFZ: 57.57%		In HFZ: 78.21%		In HFZ: 75.12%		In HFZ: 83.95%		In HFZ: 83.03%		In HFZ: 87.85%		In HFZ: 90.47%	
11	3706	3473	1668	1471	3577	2216	1567	645	3697	3094	1620	1211	3587	2937	1634	1236	3116	2797	1447	1171
	In HFZ: 93.71%		In HFZ: 88.19%		In HFZ: 61.95%		In HFZ: 41.16%		In HFZ: 83.69%		In HFZ: 74.75%		In HFZ: 81.88%		In HFZ: 75.64%		In HFZ: 89.76%		In HFZ: 80.93%	
12	933	867	432	383	835	366	412	116	897	748	421	329	871	737	413	287	759	688	332	299
	In HFZ: 92.93%		In HFZ: 88.66%		In HFZ: 43.83%		In HFZ: 28.16%		In HFZ: 83.39%		In HFZ: 78.15%		In HFZ: 84.62%		In HFZ: 69.49%		In HFZ: 90.65%		In HFZ: 90.06%	
Totals	236376	209091	219266	193121	231581	154905	215607	159706	234973	181793	219417	163149	235391	193871	220514	188520	191055	164197	176673	158516
%	88.46%		88.08%		66.89%		74.07%		77.37%		74.36%		82.36%		85.49%		85.94%		89.72%	

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Body Composition (Optional)				
Boys			Girls	
Grade	Tested	In HFZ	Tested	In HFZ
4	725	459	678	500
	In HFZ: 63.31%		In HFZ: 73.75%	
5	715	460	708	478
	In HFZ: 64.34%		In HFZ: 67.51%	
6	1007	631	748	513
	In HFZ: 62.66%		In HFZ: 68.58%	
7	923	592	756	531
	In HFZ: 64.14%		In HFZ: 70.24%	
8	581	389	505	331
	In HFZ: 66.95%		In HFZ: 65.54%	
9	404	260	379	234
	In HFZ: 64.36%		In HFZ: 61.75%	
10	236	149	219	130
	In HFZ: 63.14%		In HFZ: 59.36%	
11	32	23	33	19
	In HFZ: 71.88%		In HFZ: 57.58%	
12	30	22	25	14
	In HFZ: 73.33%		In HFZ: 56.01%	
Totals	4653	2985	4051	2750
%	64.14%		67.88%	