

# “Connecting to Wellness” Cheat Sheet

## 1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

### CARDIO TEST - THR Mile Test

**Cardiovascular** (without heart rate monitor): The Cooper Institute in Dallas recommends using this method for those **who take medication** that affects heart rate or those who don't want to use a heart-rate monitor. This really is one of the easiest ways to test your cardio fitness.

Measure a mile on an athletic field track (usually four laps) or on one of your neighborhood streets (use your car's odometer to clock the distance). Using a stopwatch or watch with a second hand, walk the mile as fast as you can without running. Note the time and compare your results with the chart to right and record results:

	Under 40		Over 40	
	Men	Women	Men	Women
<b>Excellent</b>	13:00 or less	13:30 or less	14:00 or less	14:30 or less
<b>Good</b>	13:01-15:30	13:31-16:00	14:01-16:30	14:31-17:00
<b>Average</b>	15:31-18:00	16:01-18:30	16:31-19:00	17:01-19:30
<b>Below Average</b>	18:01-19:30	18:31-20:00	19:01-21:30	19:31-22:00
<b>Poor</b>	19:31 or more	20:01 or more	21:31 or more	22:01 or more

Track time: \_\_\_\_\_

If your score in below average to poor score yourself a 1. Good to Average score is a 2. Excellent give yourself a 3.

Below AVG to Poor

Good to Average

Excellent

**1**  
SICKNESS · CRISIS

**2**  
AVERAGE

**3.**  
PREVENTION · WELLNESS

www.connectingtowellness.com

RE-EVALUATE

30 DAYS   45 DAYS   90 DAYS   120DAYS   1/2 YEAR   \_\_ YEAR

DATE \_\_\_\_\_ NAME \_\_\_\_\_

<b>THR-Mile TEST</b>	<b>SCORE</b>	
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