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Health and Fitness Measures That Matter



Despite it being the most often cited health and fitness measure, the scale is not a great indicator of health or fitness. Here are some that matter much more.

1 Blood Test

Your blood is a window into your overall health. These tests can show how well you're managing sugar, if your hormones are balanced, how well your organs are functioning, and if there is inflammation.

When people talk about their weight, what they should be talking about is their body fat percentage. It can be expensive to get an accurate measure of body fat, but an inexpensive alternative is to measure your body circumferences (neck, chest, upper arms, stomach, waist, hips, and upper legs).

2 Body Fat Percentage

3 Blood Pressure

High blood pressure can damage your organs and lead to other health issues. Low blood pressure can also be a sign of health issues.

Each year after 35 we tend to lose bone density. Maintaining bone density keeps us from becoming frail and breaking bones from a fall.

4 Bone Density

5 The Squat

The ability to get into a squat and having the glute and leg strength to get back up are key to being able to be mobile in old age. If you don't have the strength to get up and down from a seated position, you may lose independence earlier than necessary in older age.

The ability to walk or run one mile is a key measure of cardiovascular fitness. A healthy adult should be able to travel one mile in less than 20 minutes. Better if you can do it faster.

6 One Mile

7 Carioca

This is a lateral exercise where you cross one leg over the other as you move. This move tests balance and knee stability, both of which are important in preventing falls.

Bonus Gut Biome

The gut biome is the biology (bacteria) of your digestive track. The digestive track is known as the second brain and it is a strong element in the immune system. You can have your feces tested to ensure the gut is populated with the right bacteria.