Hayley Richardson

PED100/Fitness through Running

Beginning of the Semester Fitness Assessment

In the beginning of the semester, we calculated our heart rates and body fat percentages. My heart rate scores were what I perceived them to be, while my body fat percentage scores were not what I perceived them to be. I did not think that my body fat would be as high as it is and it concerns me a bit. I thought I would have a lower body fat percentage than most females my age; however, after looking online, I found that I am actually average for a female my age. The reason this concerns me is because I lead a very active lifestyle, being on the cross country and track and field teams. I am concerned that after I graduate and am no longer a part of these teams, I will begin to gain a lot of fat and weight. Because I do eat a lot right now, I see that gaining fat can be avoided by still maintaining an active lifestyle and focusing on eating healthy and balanced meals. My goals for this semester are to lower my body fat percentage by eating a well-balanced and nutritious diet so that once I am older, this is already a part of my natural routine and it won’t be that much harder to stick to a healthy diet. On the other hand, my scores for my heart rate did not surprise me at all. This is because I frequently use a heart rate monitor while running and I know about where my heart should be both during rest and exercise. I also know that my heart rate is able to go back down to a normal level faster than most people because I am a runner. I do not have any specific goals in terms of my heart rate for this semester because I think that, although my heart rate is high for a runner, it is still very healthy.