

Please contact HR ~ Benefit Services Office if you have any questions regarding this wellness program (915) 212-1275 or visit us <http://www.elpasotexas.gov/benefits-and-risk-management/benefit-services/wellness-program>

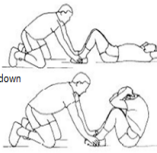
Fitness Incentive Application

| | |
|---------|--|
| Level 1 | Fitness score average of 4 - 5.9 for a monthly \$50 incentive |
| Level 2 | Fitness score average of 6 – 7.9 for a monthly \$100 incentive |
| Level 3 | Fitness score average of eight (8) or higher for a monthly \$150 incentive |



Sit Ups Test

- Lie on your back, knees bent, feet flat on floor; hands behind ears
- Partner holds feet down while subject performs as many correct sit ups in one minute
- Up position: Subject should touch elbows to knees or upper legs and then return to the down position before starting next sit up
- Subject should not raise buttocks from ground
- Down position: touch lower part of shoulder blades to the ground.
- A repetition is counted when the subject reaches the up position. You may only rest in the up position.



1.5 Mile Walk / Run Test

- Run 1 1/2 miles on designated course track.
- Cool down after run is recommended (walk slow for 3-5 Minutes)
- Tip: Run in 2 minute intervals as fast as you can for best results, take some time to recover after each sprint before running again, this will help you get a better time score.



| Physical Fitness Points (Score) | SIT UPS | | | | | | | | | | | |
|---------------------------------|--|----------|----------|----------|----------|----------|---------|----------|----------|----------|----------|----------|
| | Number of sit-ups completed under a minute without failure | | | | | | | | | | | |
| | Male | | | | | | Female | | | | | |
| | < 20yrs | 20-29yrs | 30-39yrs | 40-49yrs | 50-59yrs | 60-69yrs | < 20yrs | 20-29yrs | 30-39yrs | 40-49yrs | 50-59yrs | 60-69yrs |
| 9.9 | >62 | >55 | >51 | >47 | >43 | >39 | >65 | >51 | >42 | >38 | >30 | >28 |
| 9.6 | 62 | 55 | 51 | 47 | 43 | 39 | 65 | 51 | 42 | 38 | 30 | 28 |
| 9 | 55 | 52 | 48 | 43 | 39 | 35 | 54 | 49 | 40 | 34 | 29 | 26 |
| 8.5 | 53 | 49 | 45 | 40 | 36 | 31 | 49 | 45 | 38 | 32 | 25 | 20 |
| 8 | 51 | 47 | 43 | 39 | 35 | 30 | 46 | 44 | 35 | 29 | 24 | 17 |
| 7.5 | 50 | 46 | 42 | 37 | 33 | 28 | 40 | 42 | 33 | 28 | 22 | 15 |
| 7 | 48 | 45 | 41 | 36 | 31 | 26 | 38 | 41 | 32 | 27 | 22 | 12 |
| 6.5 | 48 | 44 | 40 | 35 | 30 | 24 | 37 | 39 | 30 | 25 | 21 | 12 |
| 6 | 47 | 42 | 39 | 34 | 28 | 22 | 36 | 38 | 29 | 24 | 20 | 11 |
| 5.5 | 46 | 41 | 37 | 32 | 27 | 21 | 35 | 37 | 28 | 23 | 19 | 10 |
| 5 | 45 | 40 | 36 | 31 | 26 | 20 | 34 | 35 | 27 | 22 | 17 | 8 |
| 4.5 | 42 | 39 | 36 | 30 | 25 | 19 | 34 | 34 | 26 | 21 | 16 | 8 |
| 4 | 41 | 38 | 35 | 29 | 24 | 19 | 32 | 32 | 25 | 20 | 14 | 6 |
| 3.5 | 39 | 37 | 33 | 28 | 22 | 18 | 30 | 31 | 24 | 19 | 12 | 5 |
| 3 | 38 | 35 | 32 | 27 | 21 | 17 | 29 | 30 | 22 | 17 | 12 | 4 |
| 2.5 | 37 | 35 | 31 | 26 | 20 | 16 | 29 | 28 | 21 | 16 | 11 | 4 |
| 2 | 36 | 33 | 30 | 24 | 19 | 15 | 28 | 24 | 20 | 14 | 10 | 3 |
| 1.5 | 34 | 32 | 28 | 22 | 17 | 13 | 27 | 23 | 18 | 13 | 7 | 2 |
| 1 | 33 | 30 | 26 | 22 | 15 | 10 | 25 | 21 | 15 | 10 | 6 | 1 |
| 0.5 | 27 | 27 | 23 | 17 | 12 | 7 | 25 | 18 | 11 | 7 | 5 | 0 |
| 0.1 | <27 | <27 | <23 | <17 | <12 | <7 | <25 | <18 | <11 | <7 | <5 | 0 |

| Physical Fitness Points (score) | 1.5 Mile Run | | | | | | | | | |
|---------------------------------|----------------------------|----------|----------|----------|----------|---------|----------|----------|----------|----------|
| | Completion time in minutes | | | | | | | | | |
| | Male | | | | | Female | | | | |
| | < 30yrs | 30-39yrs | 40-49yrs | 50-59yrs | 60-69yrs | < 30yrs | 30-39yrs | 40-49yrs | 50-59yrs | 60-69yrs |
| 9.9 | 8:29 | 8:49 | 9:10 | 9:34 | 10:09 | 9:30 | 9:58 | 10:09 | 11:20 | 12:24 |
| 9.5 | 9:17 | 9:33 | 9:51 | 10:37 | 11:26 | 10:28 | 11:00 | 11:33 | 12:53 | 14:05 |
| 9 | 9:34 | 10:01 | 10:28 | 11:10 | 12:20 | 11:10 | 11:33 | 12:11 | 13:40 | 14:53 |
| 8.5 | 10:00 | 10:24 | 10:48 | 11:45 | 12:53 | 11:33 | 11:58 | 12:53 | 14:24 | 15:45 |
| 8 | 10:09 | 10:46 | 11:15 | 12:08 | 13:23 | 11:58 | 12:24 | 13:23 | 14:34 | 16:33 |
| 7.5 | 10:43 | 11:06 | 11:40 | 12:36 | 13:52 | 12:24 | 12:53 | 13:45 | 15:13 | 16:46 |
| 7 | 10:59 | 11:22 | 11:58 | 12:53 | 14:16 | 12:51 | 13:24 | 13:58 | 15:43 | 17:30 |
| 6.5 | 11:10 | 11:33 | 12:11 | 13:20 | 14:34 | 12:53 | 13:47 | 14:34 | 16:13 | 17:38 |
| 6 | 11:29 | 11:54 | 12:24 | 13:35 | 15:04 | 13:24 | 14:08 | 14:53 | 16:35 | 18:27 |
| 5.5 | 11:41 | 11:58 | 12:53 | 13:58 | 15:23 | 13:48 | 14:28 | 15:13 | 16:46 | 18:37 |
| 5 | 11:58 | 12:24 | 13:12 | 14:23 | 15:56 | 14:04 | 14:34 | 15:34 | 17:19 | 19:04 |
| 4.5 | 12:20 | 12:50 | 13:24 | 14:34 | 16:21 | 14:34 | 15:14 | 15:58 | 17:38 | 19:35 |
| 4 | 12:38 | 12:58 | 13:50 | 15:06 | 16:46 | 14:50 | 15:43 | 16:31 | 18:18 | 20:16 |
| 3.5 | 12:53 | 13:24 | 14:11 | 15:26 | 17:11 | 15:14 | 15:58 | 16:46 | 18:37 | 20:52 |
| 3 | 13:15 | 13:44 | 14:34 | 15:58 | 17:41 | 15:46 | 16:42 | 17:29 | 19:10 | 21:36 |
| 2.5 | 13:36 | 14:05 | 14:53 | 16:28 | 18:33 | 16:21 | 16:56 | 18:05 | 19:43 | 22:21 |
| 2 | 14:00 | 14:34 | 15:24 | 16:58 | 19:10 | 16:46 | 17:38 | 18:37 | 20:44 | 22:52 |
| 1.5 | 14:34 | 15:13 | 15:58 | 17:38 | 20:19 | 17:38 | 18:37 | 19:35 | 21:38 | 23:37 |
| 1 | 15:30 | 15:57 | 16:46 | 18:37 | 21:51 | 18:33 | 19:43 | 20:52 | 22:52 | 24:48 |
| 0.5 | 17:04 | 17:25 | 18:48 | 20:38 | 24:03 | 20:03 | 24:34 | 22:22 | 24:46 | 26:19 |
| 0.1 | 20:58 | 20:58 | 22:22 | 25:00 | 29:47 | 26:58 | 24:56 | 25:49 | 29:09 | 30:12 |



Bench Press Test

- Lie spine on the bench of a bench press rack
- Grasp the bar with the desired fashion, dismount it from the rack and with arms extended, hold it above your chest.
- Lower the weight in a straight line down to your chest while forearms travel perpendicular to torso, looking from the side.



Tip: Pushups exercises are great in helping you prepare for this test



Push-up Test:

- Subject starts in the plank position with hands approximately shoulder width apart, feet 0-12 inches apart
- Starting in the up position, subject lowers body to the floor until arms are at least 90 degrees or less at elbow
- Back must be kept straight throughout the exercise
- Subject can rest in the up position only
- If a knee is placed on the ground, the exercise will be terminated
- A repetition is counted when the subject returns to each up position
- Total number of correct push-ups in 1 minute or when the exercise is terminated



Tip: Triceps Exercises are great for this test...

| Physical Fitness Points (score) | BENCH PRESS | | | | | | | | | | | |
|---------------------------------|--|----------|----------|----------|----------|----------|---------|----------|----------|----------|----------|----------|
| | Body percentage calculation: Weight lifted + body weight | | | | | | | | | | | |
| | Male | | | | | | Female | | | | | |
| | < 20yrs | 20-29yrs | 30-39yrs | 40-49yrs | 50-59yrs | 60-69yrs | < 20yrs | 20-29yrs | 30-39yrs | 40-49yrs | 50-59yrs | 60-69yrs |
| 9.9 | >1.76 | >1.63 | >1.35 | >1.20 | >1.05 | >.94 | >.88 | >1.01 | >.82 | >.77 | >.68 | >.72 |
| 9.5 | 1.76 | 1.63 | 1.35 | 1.2 | 1.05 | 0.94 | 0.88 | 1.01 | 0.82 | 0.77 | 0.68 | 0.72 |
| 9 | 1.46 | 1.48 | 1.24 | 1.1 | 0.97 | 0.89 | 0.83 | 0.9 | 0.76 | 0.71 | 0.61 | 0.64 |
| 8.5 | 1.38 | 1.37 | 1.17 | 1.04 | 0.93 | 0.84 | 0.81 | 0.83 | 0.72 | 0.66 | 0.57 | 0.59 |
| 8 | 1.34 | 1.32 | 1.12 | 1 | 0.9 | 0.82 | 0.77 | 0.8 | 0.7 | 0.62 | 0.55 | 0.54 |
| 7.5 | 1.29 | 1.26 | 1.08 | 0.96 | 0.87 | 0.79 | 0.76 | 0.77 | 0.65 | 0.6 | 0.53 | 0.53 |
| 7 | 1.24 | 1.22 | 1.04 | 0.93 | 0.84 | 0.77 | 0.74 | 0.74 | 0.63 | 0.57 | 0.52 | 0.51 |
| 6.5 | 1.23 | 1.18 | 1.01 | 0.9 | 0.81 | 0.74 | 0.7 | 0.72 | 0.62 | 0.55 | 0.5 | 0.48 |
| 6 | 1.19 | 1.14 | 0.98 | 0.88 | 0.79 | 0.72 | 0.65 | 0.7 | 0.6 | 0.54 | 0.48 | 0.47 |
| 5.5 | 1.16 | 1.1 | 0.96 | 0.86 | 0.77 | 0.7 | 0.64 | 0.68 | 0.58 | 0.53 | 0.47 | 0.46 |
| 5 | 1.13 | 1.06 | 0.93 | 0.84 | 0.75 | 0.68 | 0.63 | 0.65 | 0.57 | 0.52 | 0.46 | 0.45 |
| 4.5 | 1.1 | 1.03 | 0.9 | 0.82 | 0.73 | 0.67 | 0.6 | 0.63 | 0.55 | 0.51 | 0.45 | 0.44 |
| 4 | 1.06 | 0.99 | 0.88 | 0.8 | 0.71 | 0.66 | 0.58 | 0.59 | 0.53 | 0.5 | 0.44 | 0.43 |
| 3.5 | 1.01 | 0.96 | 0.86 | 0.78 | 0.7 | 0.65 | 0.57 | 0.58 | 0.52 | 0.48 | 0.43 | 0.41 |
| 3 | 0.96 | 0.93 | 0.83 | 0.76 | 0.68 | 0.63 | 0.56 | 0.56 | 0.51 | 0.47 | 0.42 | 0.4 |
| 2.5 | 0.93 | 0.9 | 0.81 | 0.74 | 0.66 | 0.6 | 0.55 | 0.53 | 0.49 | 0.45 | 0.41 | 0.39 |
| 2 | 0.89 | 0.88 | 0.78 | 0.72 | 0.63 | 0.57 | 0.53 | 0.51 | 0.47 | 0.43 | 0.39 | 0.38 |
| 1.5 | 0.86 | 0.84 | 0.75 | 0.69 | 0.6 | 0.56 | 0.52 | 0.5 | 0.45 | 0.42 | 0.38 | 0.36 |
| 1 | 0.81 | 0.8 | 0.71 | 0.65 | 0.57 | 0.53 | 0.5 | 0.48 | 0.42 | 0.38 | 0.37 | 0.33 |
| 0.5 | 0.76 | 0.72 | 0.65 | 0.59 | 0.53 | 0.49 | 0.41 | 0.44 | 0.39 | 0.35 | 0.31 | 0.26 |
| 0.1 | <.76 | <.72 | <.65 | <.59 | <.53 | <.49 | <.41 | <.44 | <.39 | <.35 | <.31 | <.26 |

| Physical Fitness Points (Score) | PUSH UPS | | | | | | | | | |
|---------------------------------|---|----------|----------|----------|----------|---------|----------|----------|----------|----------|
| | Number of push ups completed under a minute without failure | | | | | | | | | |
| | Male | | | | | Female | | | | |
| | < 30yrs | 30-39yrs | 40-49yrs | 50-59yrs | 60-69yrs | < 30yrs | 30-39yrs | 40-49yrs | 50-59yrs | 60-69yrs |
| 9.9 | 100 | 86 | 64 | 51 | 39 | 53 | 48 | 23 | 23 | 23 |
| 9.5 | 62 | 52 | 40 | 39 | 28 | 42 | 39.5 | 20 | 20 | 20 |
| 9 | 57 | 46 | 36 | 30 | 26 | 37 | 33 | 18 | 18 | 18 |
| 8.5 | 51 | 41 | 34 | 28 | 24 | 33 | 26 | 17 | 17 | 17 |
| 8 | 47 | 39 | 30 | 25 | 23 | 28 | 23 | 15 | 15 | 15 |
| 7.5 | 44 | 36 | 29 | 24 | 22 | 27 | 19 | 15 | 15 | 15 |
| 7 | 41 | 34 | 26 | 21 | 21 | 24 | 18 | 14 | 14 | 14 |
| 6.5 | 39 | 31 | 25 | 20 | 20 | 23 | 16 | 13 | 13 | 13 |
| 6 | 37 | 30 | 24 | 19 | 18 | 21 | 15 | 13 | 13 | 13 |
| 5.5 | 35 | 29 | 22 | 17 | 16 | 19 | 14 | 11 | 11 | 11 |
| 5 | 33 | 27 | 21 | 15 | 15 | 18 | 14 | 11 | 11 | 11 |
| 4.5 | 31 | 25 | 19 | 14 | 12 | 17 | 13 | 10 | 10 | 10 |
| 4 | 29 | 24 | 18 | 13 | 10 | 15 | 11 | 9 | 9 | 9 |
| 3.5 | 27 | 21 | 16 | 11 | 9 | 14 | 10 | 8 | 8 | 8 |
| 3 | 26 | 20 | 15 | 10 | 8 | 13 | 9 | 7 | 7 | 7 |
| 2.5 | 24 | 19 | 13 | 9.5 | 7 | 11 | 9 | 7 | 7 | 7 |
| 2 | 22 | 17 | 11 | 9 | 6 | 10 | 8 | 6 | 6 | 6 |
| 1.5 | 19 | 15 | 10 | 7 | 5 | 9 | 6.5 | 5 | 5 | 5 |
| 1 | 18 | 13 | 9 | 6 | 4 | 8 | 6 | 4 | 4 | 4 |
| 0.5 | 13 | 9 | 5 | 3 | 2 | 6 | 4 | 1 | 1 | 1 |
| 0.1 | 0 | 0 | 0 | 0 | 0 | 3 | 1 | 0 | 0 | 0 |



Vertical Jump Test:

- Jump and reach as high as possible using a measuring device
- Score is the inches to the nearest 1/8 inch.
- There is a maximum of three (3) attempts.

Tip: Squats are great in helping you prepare for this test



| Physical Fitness Points | Vertical Jump | | | | | | | |
|-------------------------|-------------------|----------|----------|----------|--------|----------|----------|----------|
| | Results in inches | | | | | | | |
| | Male | | | | Female | | | |
| | <30yrs | 30-39yrs | 40-49yrs | 50-69yrs | <30yrs | 30-39yrs | 40-49yrs | 50-69yrs |
| 9.9 | 30.3 | 28.4 | 25.1 | 22 | 19 | 18 | 13.5 | 13.5 |
| 9.5 | 26.5 | 25 | 22 | 21 | 18.8 | 16.9 | 13.5 | 13.5 |
| 9 | 25 | 24 | 20.3 | 19.5 | 18.1 | 16 | 13.3 | 13.3 |
| 8.5 | 25 | 23 | 19.5 | 18 | 18 | 15.5 | 13 | 13 |
| 8 | 24 | 22 | 19 | 17 | 17.7 | 15 | 13 | 13 |
| 7.5 | 23 | 21 | 18 | 16.5 | 17 | 15 | 12.7 | 12.7 |
| 7 | 22.5 | 21 | 18 | 16 | 16.3 | 14.9 | 12.3 | 12.3 |
| 6.5 | 22 | 20 | 17 | 15.5 | 16 | 14.3 | 11.6 | 11.6 |
| 6 | 21.5 | 20 | 17 | 15 | 15.9 | 13.2 | 11.5 | 11.5 |
| 5.5 | 21 | 20 | 16.5 | 14.5 | 15.5 | 13 | 11.1 | 11.1 |
| 5 | 20.5 | 19.5 | 16 | 14 | 15.2 | 12.5 | 10 | 10 |
| 4.5 | 20 | 19 | 16 | 14 | 14.3 | 12.4 | 10 | 10 |
| 4 | 20 | 18.6 | 15.5 | 13.5 | 14 | 12 | 9.6 | 9.6 |
| 3.5 | 19 | 18.5 | 15 | 13.5 | 13.9 | 12 | 9 | 9 |
| 3 | 18 | 18 | 14.5 | 13 | 13.5 | 11.1 | 9 | 9 |
| 2.5 | 18 | 17 | 14 | 12.2 | 13 | 11 | 8.5 | 8.5 |
| 2 | 17.5 | 16.5 | 14 | 11.9 | 12.6 | 11 | 7.8 | 7.8 |
| 1.5 | 17 | 16 | 13 | 11 | 12 | 10.9 | 7.1 | 7.1 |
| 1 | 16 | 15.5 | 12.1 | 10 | 12 | 10.2 | 7 | 7 |
| 0.5 | 13.6 | 14.5 | 11 | 9.3 | 11.4 | 9.1 | 7 | 7 |
| 0.1 | 10.3 | 12.1 | 6.9 | 6.5 | 11 | 6 | 7 | 7 |



300 Meter Dash Test

- Run 300 meters on designated course or track
- No lane changes during run
- Cool down after this run is recommended (walk slow for 3-5 minutes)



| Physical Fitness Points (score) | 300 meter dash | | | | | | | |
|---------------------------------|----------------------------|----------|----------|----------|--------|----------|----------|----------|
| | Completion time in seconds | | | | | | | |
| | Male | | | | Female | | | |
| | <30yrs | 30-39yrs | 40-49yrs | 50-69yrs | <30yrs | 30-39yrs | 40-49yrs | 50-69yrs |
| 9.9 | 42.6 | 42 | 47 | 52 | 54 | 55 | 65 | 65 |
| 9.5 | 46 | 46.1 | 52 | 58 | 54.3 | 56.5 | 65 | 65 |
| 9 | 48 | 49 | 55 | 61 | 56 | 60 | 66 | 66 |
| 8.5 | 49 | 50 | 56 | 63 | 58 | 63.5 | 68.2 | 68.2 |
| 8 | 50.3 | 51 | 57 | 66.4 | 58.3 | 66 | 72 | 72 |
| 7.5 | 51 | 52 | 60 | 68 | 59.7 | 66.5 | 72 | 72 |
| 7 | 52 | 53 | 61 | 70 | 60 | 68 | 75.3 | 75.3 |
| 6.5 | 53.5 | 54 | 62 | 72 | 61 | 69.9 | 78.7 | 78.7 |
| 6 | 54 | 55 | 64 | 74 | 61 | 71 | 79 | 79 |
| 5.5 | 55 | 56 | 66 | 77.4 | 62.7 | 72 | 80.5 | 80.5 |
| 5 | 56 | 57 | 67.6 | 80 | 64 | 74 | 86 | 86 |
| 4.5 | 57.5 | 58 | 70 | 82.6 | 68.5 | 75.5 | 91.7 | 91.7 |
| 4 | 59 | 58.9 | 72 | 83.2 | 71 | 79 | 94 | 94 |
| 3.5 | 60 | 61 | 74.8 | 85 | 74.5 | 80.5 | 101.8 | 101.8 |
| 3 | 62.1 | 63 | 77 | 87 | 75 | 82 | 106.7 | 106.7 |
| 2.5 | 64 | 65 | 81 | 89 | 76 | 85.5 | 109.3 | 109.3 |
| 2 | 66 | 68 | 83 | 95 | 78 | 86 | 110 | 110 |
| 1.5 | 69 | 70 | 86 | 99 | 88 | 93.5 | 116 | 116 |
| 1 | 73.4 | 74.9 | 90 | 101.6 | 97 | 100 | 121.5 | 121.5 |
| 0.5 | 81.3 | 80.9 | 104 | 112 | 106.7 | 114 | 125 | 125 |
| 0.1 | 95.1 | 113.9 | 143 | 184 | 120 | 210 | 125 | 125 |