Healthy Fitness Zone® (HFZ) for Aerobic Capacity*

Percent of students in healthy fitness zone
- 0% - 40%
- 41% - 46%
- 47% - 52%
- 53% - 58%
- 59% - 75%

Source: Georgia Department of Education 2013-2014 Annual Fitness Assessment
* Healthy Fitness Zone® criteria standards as per FITNESSGRAM®.
Used with permission from Human Kinetics on behalf of The Cooper Institute®.

Office of Health Indicators for Planning (OHIP)
Georgia Department of Public Health
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