

# PORTUGAL

## Country fitness report



1445 participants



49.4%



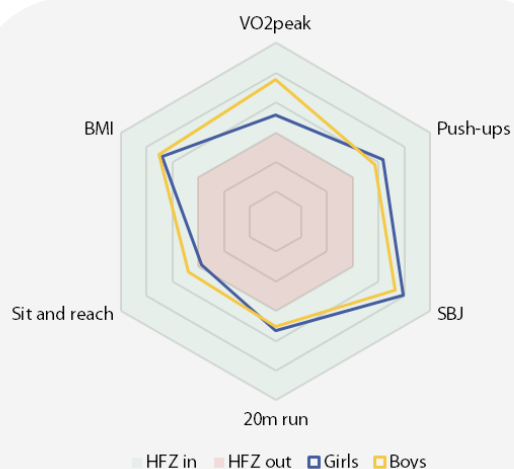
50.6%

10 to 18  
years old

### Methods

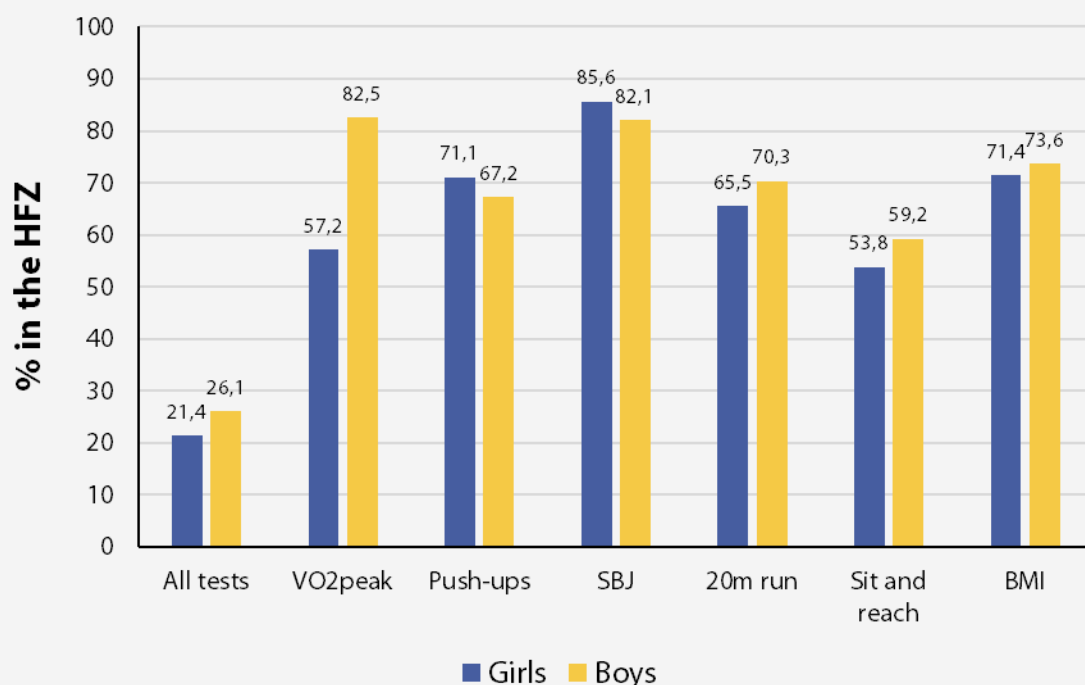
Data was collected by physical education (PE) teachers during PE classes.

Fitness tests in the EUFITMOS battery are: the Progressive Aerobic Cardiovascular Endurance Run (PACER), push-up test, standing broad jump (SBJ), 20m run, sit and reach and body mass index (BMI).



Being in the green area means being on average in the HFZ. The further the line is from the red area (out of HFZ) the better the fitness profile is.

**Figure 1.** Fitness profile of Portuguese boys and girls.



**Figure 2.** Prevalence of boys and girls in the healthy fitness zone (HFZ) for each fitness test and all tests simultaneously.

