

Reader Comments

The problem with getting a perfect score on the fitness test is not the number of sit ups, push ups, or the run time. Many of us can meet or exceed those goals. The waist measurement, however, accounts for 20 or 30 points on the test. I was a Varsity level competitive runner in college and ran times for 10K cross country that were well above average for any collegiate distance runner and even back then I could not get 100% on the waist measurement. The waist measurement has nothing to do with aerobic or muscular fitness, but is merely an indicator of other potentially negative health trends. Scoring 100 is not all about what the 66 year old purports it to be.

*Lt. Col. John Terino
Maxwell AFB, AL
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