

# Example of essay on fitness testing final summary

[Sport & Tourism](#), [Fitness](#)



I followed regular workouts and a strict diet plan as part of my final fitness testing sessions to appreciably improve my overall fitness and health. This is my final summary report for fitness testing.

How did you perform?

I benefited a lot from the physical exercise schedule, tailored specifically for my current health needs. I did a walking exercise three times in a week and finally lost a weight to 5 kilograms each subsequent week. Although, during the first week of the exercise schedule, I felt tired and exhausted, in the second week of my fitness program, I felt less breathless and even enjoyed the workout sessions to an extent. The positive experience fueled my desire to achieve more and improve my general health.

Did you meet your expectations?

Initially, my aim was to lose only 3 kilograms per week as part of my tailored exercise plan, but I successfully improved my modest result to 5 kilograms per week. I purposefully worked, both physically and psychologically, to achieve the expected calory-burn and followed a strict diet plan along with a regular exercise schedule. As a diabetes patient, I need to observe an appropriate diet. I also gradually came to enjoy a proper sleep at night as a benefit of my regular exercise plan. These days, I wake up much earlier in the morning than before and I go to sleep well before the midnight. My expectations were, basically, to lose enough weight, so as to be able to work normally and live a richer life, that is the prerequisite to a healthy lifestyle. My other expectations were to look physically stronger and healthier.

Did you make any significant improvements? If so, what were they?

According to fitness tests, I am obese and in high need to reduce my critical weight. My initial goal was to become fitter and reduce the common diseases such as hypertension and diabetes. During my final fitness testing

sessions, I developed a satisfactory high level of breathlessness and, in a couple of weeks, I managed to add more exercise sessions for muscle building to look healthier and achieve a higher self-esteem. These days, I strictly follow my only fitness and exercise plan for the general health benefit. I also got rid of many unhealthy food items that contained sugar, salt and fats to control my diabetes and hypertension to an extent.

Were there any issues that occurred?

Being 32 years of age and over-weight means that I constantly suffer from hypertension and diabetes, as my primary diseases. I am fully aware that my medical condition largely depends on my unhealthy and lazy lifestyle and the type of food, mostly fast food, intake. Unfortunately, my overall performance is limited by my current medical conditions, but I still strived to do regular exercises throughout the day. I managed to stay on the recommended food intake plan three times in a day and also tried to limit myself to a diet plan that contained fruit, vegetables and more fish.

Did you find the fitness testing experience valuable? Why or why not?

My experience has been very positive so far, and I did not experience too many negative aspects during the particular program. In the future, I still need to work hard to prepare myself for the challenges to come. I would also like to volunteer for a similar program and continue to improve on my health issues.

Did you learn any important lessons from your fitness testing experience?

Perhaps, the most valuable lesson gained for me was to stop criticizing myself for everything I did. At the beginning, I felt unlucky to be in this medical condition, and being fit sounded like a far away echo. I still remember how, after the first two days, I felt desperate and lonely, but my tutor encouraged me to continue with the program. I slowly

learned how to be patient with myself and others and to appreciate each and every goal achieved. Now I am confident enough in myself and I know that, despite my problematic medical condition, I can improve on fitness and live a normal life.