

**An active lifestyle is the basis for a healthy life!**

FIND OUT YOUR FITNESS LEVEL



BASIC

Your fitness level is good enough to participate in BASIC exercise programmes of sport and gymnastic clubs.



ADVANCED

Your fitness level is ADVANCED. You are fitter than 40% of your age group.



APPROVED

You belong to the fittest 40% of your age group. You have an APPROVED fitness level.

Check out the exercises for each level on our website: [www.fitness-badge.eu](http://www.fitness-badge.eu)

WHAT YOU GET

- Individualized results
- Professional feedback on your fitness status
- Certificate for your achieved level

➔ Do the test yearly to track your progress!

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**Catch the badge!**



## European Fitness Badge

The European Fitness Badge (EFB) is a health-oriented award for a basic, good and very good fitness level. Fitness is determined by motor skill tests of the underlying motor performance abilities (endurance, strength, coordination and flexibility). Additional measurements like body composition and posture of the participants are included in the EFB.

### BACKGROUND

The EFB was developed on the initiative of the German Gymnastic Federation in cooperation with international partners from 5 countries such as universities and sports associations.

### OUR GOAL

By inviting and committing people to physical activity, exercise and sports the EFB aims to motivate them to change their behavior towards an active lifestyle.



### PROJECT LEADER

Prof. Dr. Walter Brehm and Prof. Dr. Klaus Bös

## FOR INSTRUCTORS AND OPERATORS

Offer the EFB in several settings:

- ✓ Sport clubs / training groups
- ✓ Events
- ✓ Companies

The EFB is a useful tool to increase the engagement of your group members to physical activity and to motivate inactive people to develop a more active lifestyle.



## QUALIFICATION

To apply the test a specific training is needed. Please contact the responsible organization (back of the flyer) in your country to hear more about it.

In the instructor trainings you will get

- the EFB handbook with detailed test descriptions and guidelines for executing the EFB and
- the login access to the EFB-Data platform.

On the EFB-Data platform you can insert your event, enter the results of your participants and immediately receive the individual results as well as the certificates.

## YOU WOULD LIKE TO PARTICIPATE?

The EFB provides an individualized feedback on your fitness status in different motor abilities (endurance, strength, coordination, flexibility). Additionally, the instructor will give you advice on how to improve your fitness by specific physical activity (fitness training) and how you can keep up the motivation for an active and healthy lifestyle.

Ask in your local club or your national sport federation, where you can catch the badge! If your club does not know the EFB yet, spread the word!

Find current dates and events on:

[www.fitness-badge.eu/for-participants](http://www.fitness-badge.eu/for-participants)



all photos: Qingwei Chen