HOW YOUR FITNESS

1. Can you climb 7 floors or more in a building via the stairs?
   - Yes, but I will be puffing and panting.
   - Yes, without any problems.
   - Yes, after resting at every floor for a while.

2. Can you jog more than 3 miles without stopping?
   - Sounds difficult.
   - Easily.
   - No chance.

3. You visit the Doctor:
   - Every 3 months for check-ups.
   - Only if I fall sick.
   - Every week for consulting to the other.

4. If you play some outdoor sport for a whole day, your muscles will be sorry:
   - For 2-3 days at least.
   - For a day or two, at most.
   - For 1 week, at least.

5. Can you touch your toes with your fingers, without bending your knees?
   - Maybe.
   - Easily.
   - Let me bend my knees, and I can.

6. Can you run a 100M race inside 12 seconds?
   - Not sure.
   - I can.
   - Are you nuts? Make it 20 seconds at least.

7. If you were asked to participate in a city marathon, you would:
   - Think about it.
   - Agree readily.
   - Opt to become a [illegible].