Proportion (%)

Lean | Normal | Overweight | Obese

Shuttle | Sprint | Agility | Jump vertical | Jump lateral | Push up | Sit up | Throw small ball | Throw basket ball

Diagram showing the proportion of individuals in different categories performing various physical activities, with Lean, Normal, Overweight, and Obese populations. The activities include Shuttle, Sprint, Agility, Jump vertical, Jump lateral, Push up, Sit up, Throw small ball, and Throw basket ball.