

Table 4: Cohort 2 (2007-8), n=105: Fitness testing results after MATCH program

Fitness test	Description of measure	Mean change post intervention (p-value)
Run (n=91)	Distance in miles run in 9 minutes	0.34 (0.08)
Situps (n=94)	# of proper form sit ups completed	2.77 (<0.001)
Bench (n=93)	# of bench press repetitions (lifting standard weight bar) completed	5.3 (<0.001)
Flex (n=96)	Result of flexibility measurement (sit and reach test)	0.56 (0.02)