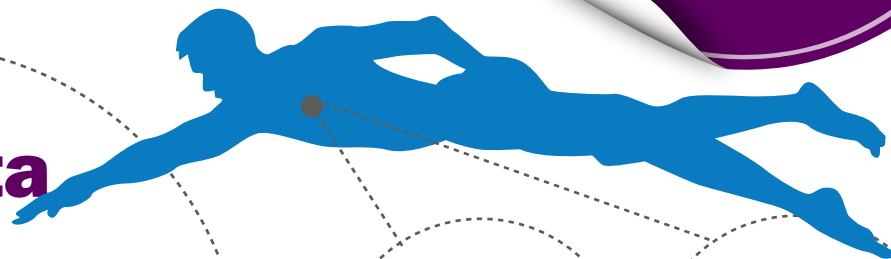




# On your marks... get set...breathe

How do you compare to National level speed swimmer and biathlete Lizzie Warnes?

Name: Lizzie Warnes  
Sport: Swimming / biathlon  
Age: 15  
Gender: Female  
Height: 171  
Sitting height: 86  
Asthmatic: No  
Vital capacity: 4.0 litres  
Peak flow: 430 litres / min



## Your Data

Name: \_\_\_\_\_  
Favourite activity: \_\_\_\_\_  
Gender: \_\_\_\_\_  
Age: \_\_\_\_\_  
Height: \_\_\_\_\_ cm  
Sitting height: \_\_\_\_\_ cm  
Asthmatic: \_\_\_\_\_

Peak flow  
**430**  
litres/min

Vital capacity  
**4.0**  
litres

Vital capacity

litres

Peak flow

litres/min

## Live Data Zone

Enabling you to work like a real scientist

Check out...

[www.getinthezone.org.uk/livedatazone](http://www.getinthezone.org.uk/livedatazone) to see experiment results from across the UK. Add your results to compare with others in your class, school, and the national average data.



Visit the Live Data Zone to find out the following information:

Overall, do taller people have larger lungs?

The national average vital capacity for people of your height



Litres

The national average peak flow for people your age



Litres/min