



Fitness Evaluation Preparation Guidelines

Your fitness assessment will consist of measurement of one or more aspects of your health and fitness. It may include your weight, cardiovascular condition (resting and exercise heart rate and performance), body composition, musculoskeletal condition, blood pressure, and body size (circumferences). The objective of your first assessment is to give you a baseline from which to measure your performance. Subsequent assessments will provide milestones to help you evaluate your progress.

In order to assure that the results of your fitness assessments are as accurate as possible, please review the following guidelines. Your assessment will be given on the assumption that you have followed these recommendations.

1. Wear loose fitting clothes (jogging attire, shorts, training shoes, etc.)
2. Please do not put on moisturizer or lotion the day of your evaluation (it will make the body fat test less accurate).
3. Avoid eating large meals/snacks or drinking large quantities of any liquid for 1 hours before your assessment (small snacks, a light meal and moderate amounts of water are okay).
4. Avoid alcohol, tobacco, and coffee for at least 3 hours before your assessment.
5. Avoid exercising on before your assessment. Exercise will elevate your blood pressure and resting heart rate - invalidating measures of cardiovascular fitness. For a body composition test done with the skin fold method, a measurement taken after exercise may increase the size of the skin fold because of the shift in body fluid to the skin.
6. Try to get a good night's sleep the night before your assessment.
7. Please inform a member of staff if you are suffering from any acute respiratory infection or related condition.
8. If you have been given a medical questionnaire and/or fitness assessment consent form, please have them completed when you arrive.