

Fitness Assessment Preparation Guidelines

In order to assure that the results of your fitness assessment 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. Avoid eating or drinking for at least 1 hour before your assessment.
3. Avoid alcohol, tobacco, and coffee for at least 3 hours before your assessment.
4. Avoid exercising on the same day as your assessment. Exercise will elevate your blood pressure and resting heart rate - invalidating these measures.
5. Try to get a good night's sleep the night before your assessment.
6. Please inform a member of staff if you are suffering from any acute respiratory infection or related condition.
7. If you have been given the Fitness Consultation Packet please have it completed when you arrive.
8. **Please note, if you answered “yes” to any of the questions above the dotted line on the Confidential Medical/Health Status Questionnaire, you WILL need a medical clearance from a physician before participating in a fitness assessment.**
9. All forms can be downloaded from the Body Shop blog: <http://blogs.umass.edu/bodyshop/>

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. 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.

Good luck!