

PREPARING FOR YOUR FITNESS ASSESSMENT



Please follow these guidelines in preparation for your fitness assessment. These suggestions will ensure your assessment is conducted safely and comfortably and the results are as accurate as possible. Your assessment will be given on the assumption that you have followed these recommendations.

1. Please be on time for your appointment. Your heart rate may become elevated if you are rushed.
2. Wear comfortable, loose fitting clothing (jogging attire, shorts, training shoes, etc.)
3. Do not consume alcohol for 12 hours prior to the testing.
4. Do not exercise or take a sauna for 8 hours prior to the testing.
5. Do not eat or drink for 3 hours prior to the testing.
6. Do not use tobacco or caffeine for at least 3 hours before your assessment.
7. Try to get a good night's sleep the night before your assessment.
8. Please inform a member of staff if you are suffering from any acute respiratory infection or related condition.
9. Read and sign the UAMS Fitness Center Release and Waiver of Liability Form and complete the PAR-Q.

The objective of your first assessment is to give you a baseline from which to measure your performance and progress. Following the above guidelines will ensure the accuracy of your assessment. Subsequent assessments will provide milestones to help you evaluate your progress.

Good luck!