



A fitness assessment is a valuable tool for improving your overall health and fitness. Our fitness assessment consists of both Subjective and Objective information used to uncover your goals, needs and abilities for a personal fitness plan starting point. This preparation guide will give you an understanding of what is tested and how the assessment is conducted.

Subjective information

A Physical Activity Readiness Questionnaire (PAR-Q) establishes your readiness to participate in physical activity and a General and Medical questionnaire will ascertain program goals and pertinent medical history.

Objective information

Physiologic Assessment of resting heart rate, blood pressure and exercise heart rate range.

Body Composition will verify your body fat percentage. Several methods are available based upon accuracy and client needs.

1. Skinfold measurement with a caliper on three body sites:
 - a. Males: chest, abdomen, and thigh
 - b. Females: Triceps, Suprailium (area above right hip), and thigh
2. Circumference measurements
3. Waist-to-hip ratio
4. Body Mass Index

Dynamic Postural Assessments used to determine over and under-active (tight or weak) muscles for targeted flexibility and strength exercises.

1. Overhead Squat Assessment
2. Pushing Assessment
3. Pulling Assessment

Local Muscular Endurance and Flexibility

Lower back and hamstring flexibility measured with Sit-and-Reach box.

Upper body muscular endurance measured with push-up test.

Abdominal muscular endurance measured with partial curl-ups test.

Cardiorespiratory Assessment will test with either a 3 minute step or 1 mile Rockport walk (treadmill) test.

Preparation for Assessment

The night before, get a good night's sleep, avoid alcohol and heavy physical activity, don't overindulge in caffeine, tobacco, or heavy or spicy meals, and stay hydrated.

Two hours before the assessment, do not smoke or use any tobacco, do not consume any caffeine like coffee or soda, do not perform any type of exercise and limit or stop food intake.

Wear comfortable athletic clothing and shoes. Clothing should allow access to Skinfold measurement sites (e.g., shorts for thigh Skinfold measurement).

Please bring water to the assessment and keep fully hydrated during the assessment.

Fitness Assessment Results

Based on collected testing data, a fitness specialist will work with you to develop a daily and monthly training plan that addresses your fitness needs to include flexibility, balance, muscular strength and endurance as well as cardiorespiratory fitness.