



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PREPARING FOR YOUR FITNESS ASSESSMENT

---

---

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 excessive eating or drinking for 3 hours before your assessment.
3. Avoid alcohol, tobacco, or 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 rest 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 a medical questionnaire or fitness assessment consent form, please have them completed when you arrive.

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 evaluate your progress.