



## **Fitness Assessments**

Testing results can be used to identify your strengths and weaknesses and periodic re-tests can assess your progress over time. I am committed to help you reach your goals and provide you with any information that will assist you in your activity program.

The assessment session itself will last approximately 45 minutes, and will assess the following components:

- Cardiorespiratory Endurance
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition
- Blood Pressure

Please use the following tips to prepare for your fitness assessment:

1. Be dressed to workout (shorts, t-shirt, sneakers).
2. Do not eat a large meal 1.5-2 hours before your appointment. A light snack more than 30-minutes prior to your appointment is appropriate. Hydrate yourself continuously throughout the day, drinking plenty of water.
3. Please avoid caffeinated beverages for 2 hours before your assessment appointment.