



Welcome to the World of Wellness!

Preparing for a Physical Fitness Assessment

After the **Health & Medical Questionnaire, PAR-Q & YOU** and **Informed Consent** forms have been received, and you have **NO** contraindications to exercise, you are eligible to complete a physical fitness assessment.

Note: If you have one or more contraindications to exercise, you will be required to complete a Physician Clearance prior to beginning an exercise program. Appropriate forms are available on this site.

What to Expect

A Physical Fitness Assessment includes testing for cardiorespiratory function, body composition, muscular endurance, muscular strength and flexibility. You will also receive general postural screening for joint mobility and range of motion, anthropometric measurements, center of gravity & balance assessments, and an evaluation of your general level of physical fitness in relation to exercise. **A KEY component in program design!**

After identification of assessment variables, your **Health & Fitness Specialist** will design a **Personal Improvement Program** for each area of physical fitness. The baseline data will also be used to identify functional limitations and serve as a tool for performance success.

Let's Get Moving!

You are about to begin an exciting journey toward a stronger, physically fit and conditioned **NEW YOU!** **Our program guarantees the results your body deserves!**



Fitness Assessment at a Glance

Meet with Fitness Specialist to Perform Baseline Measurements

Baseline measurements include: Resting Blood Pressure, Height & Weight, and Anthropometric Measurements. Please wear comfortable, loose fitting clothing (exercise attire) and appropriate footwear. Your exercise specialist will discuss any concerns you have at this time.

Cardiovascular Testing & Assessment of Physical Working Capacity

You will be given a sub-maximal, graded exercise test on a bicycle ergometer or motor-driven treadmill. The workload will increase in intensity every few minutes; heart rate (and perceived exertion) will be recorded and assessed with each incremental increase. This phase will last approximately 10-12 minutes.

Body Composition

Body composition is the relative portion of fat (% body fat) to fat-free (lean body mass) tissue in the body. This assessment will be used to establish a target weight (goal body weight) based on your height, age, current body weight, and Body Mass Index (BMI). We will cross-reference three additional methods of measurement for accuracy of data: Skinfolds, Bio-Impedance and Waist-to-Hip Ratio.

Muscular Strength and Endurance

Muscular endurance refers to the muscle's ability to perform work over a specific time. Muscular strength refers to the body's ability to lift a specific weight at least one time (1 repetition maximum). Our specialists use a timed sit-up (crunch option), timed push-up (knee option), timed plank hold (forearm option), 1 RM bench press (chest press) and 1 RM leg press.

Flexibility

Flexibility relates to a degree, or range of motion within a specific muscle group. During the assessment we will be looking at total body flexibility using a series of common stretches. Although many assessments limit flexibility testing to the hamstring area, we prefer to assess total body elasticity for all major muscles. You'll be given stretches for the: shoulders, chest, back, quadriceps, hamstrings, inner / outer thighs, biceps, triceps and trunk rotation.



General Postural and Balance Screening

Postural screening will help identify muscle imbalances and further identify the ability of a joint to exercise within a specific range of motion. You may be asked to raise your arms overhead, rotate the neck, resist internal or external rotation, bring your knees to the chest, twist at the waist or flex the spine. Balance screening involves such multidirectional weight shifts, standing with altered base support, dynamic weight transfers, and an assessment of your body's ability to perform two or more functions at the same time.

Conclude with Q & A

While completing your physical fitness assessment you may be flooded with a range of questions concerning outcome. Rest assured! Your health and fitness specialist is a qualified health, exercise and fitness professional who can provide you with the answers you need. If we cannot answer your questions directly, we will find a professional resource that can!

Our goal is to create a client / trainer “win-win” situation. If you are not satisfied, we are not doing our job! Feel free to ask questions, present concerns, and openly discuss anything that comes to mind!

Once Again, Welcome to the World of Wellness!

Sincerely,

Susan Iverson
Iverson Fitness LLC