SCHEDULE

Consultation- 15 minutes
Initial Fitness Assessment- 30 minutes
Complete/Discuss Assessment- 15 minutes

THE FOLLOWING AREAS WILL BE ASSESSED DURING YOUR APPOINTMENT

Health/Medical History Profile   Muscular Flexibility
Resting Blood Pressure and Heart Rate   Muscular Strength
Body Weight   Cardiovascular Fitness
Body Composition

INSTRUCTIONS IN PREPARATION FOR THE FITNESS ASSESSMENT

1. If you will be late or have to cancel, please contact Mines Fitness trainer no later than 24 hours prior to your appointment, otherwise your payment will be nonrefundable.
2. Please dress in athletic clothing. Shorts, a short sleeve T-shirt and rubber soled shoes are best. Do not wear tights or one piece tops because they make it difficult to obtain accurate skinfold measurements.
3. Abstain from food, tobacco, alcohol, and caffeine at least 3 hours prior to testing.
4. Take your regular daily medication. If you are presently taking blood pressure or heart medication, please notify Mines Fitness trainer prior to appointment.
5. Abstain from vigorous physical exercise at least 4 hours prior to your appointment.
6. Try not to schedule your Personal Fitness Assessment immediately after a major change from your daily routine such as a long business trip, infectious illness, or several nights of less than normal sleep. These events have a short term effect on your metabolism and may cause false test results.
7. Bring a towel.
8. You will not be tested if you are feverish or feeling ill.