



To ensure that you are prepared for your upcoming fitness assessment test, please review the following.

- Verify fees for testing. Fees can be paid by cash, check, or credit card.
- You may be tested on a treadmill. Bring your running gear and water bottle.
- You may be tested on a CycleOps 300PT Indoor Cycle. Bring your cycling gear and water bottle. The stationary bike has SPD & Look pedals, as well as standard toe cages.
- A heart rate monitor will be worn (provided).

Preparing for Your Fitness Assessment

Please follow the guidelines/recommendations given below before your assessment.

1. Wear activity specific clothing such as cycling/running shorts, a t-shirt, and cycling/running shoes. We have a locker room for you to change and shower.
2. Drink plenty of fluids 24 hours prior to your assessment.
3. Do not take in caffeine for 5 hours prior to the test.
4. Do not eat solid food 2 hours before the test.
5. Do not smoke or drink alcohol 12 hours prior to the test.
6. Do not perform strenuous exercise the day before, or the day of the test.
7. Get adequate sleep the day before the test (8 hours).
8. Please reschedule if you have an upper respiratory infection or related health concern.
9. It is recommended that you consult a physician for medical clearance, prior to the test.
10. You will be required to fill out a Health History & Consent form before participation.
11. Any questions, please feel free to call us at the Sports Medicine Center (414) 805-7114.