

# LSUHSC

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## WELLNESS CENTER

### FITNESS ASSESSMENT PARTICIPANT REQUIREMENTS

We are excited that you have chosen to participate in the LSUHSC Wellness Center fitness assessment. This program is designed to help you learn more about your current fitness level. The fitness evaluation consists of the following: height, weight/body fat percentage, cardiovascular endurance, flexibility, muscular strength, and muscular endurance. The fitness assessment should take approximately one hour.

On the day of your fitness assessment, please adhere to the following guidelines. If these guidelines are not followed, the results of your fitness assessment may be inaccurate.

<p><b>Wear loose fitting shorts, t-shirt, and athletic shoes</b> <b>No leotards, tights, denim, or sandals</b> <b>No food or drink 2 hours before appointment (water is OK)</b> <b>No caffeine 24 hours before appointment</b> <b>No alcohol 24 hours before appointment</b> <b>No smoking 3 hours before appointment</b> <b>No exercise 4 hours before appointment</b> <b>Drink at least 8 8oz glasses of water 24 hrs. before test</b></p>
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If you need to cancel your appointment, please call 24 hours in advance 568-3700 or email Nijel Baron – [nbaron@lsuhsc.edu](mailto:nbaron@lsuhsc.edu) or Courtney Ledet-[cgroue@lsuhsc.edu](mailto:cgroue@lsuhsc.edu). This simple courtesy will allow other members a chance to be tested. Please be considerate to our other clients and arrive 15 minutes early for your appointment. Late arrivals will begin at arrival time and end by appointment time. If necessary, the session will be rescheduled.

Appointment Date	Appointment Time