



Fitness Assessment: Pretest Instructions

To assure the best possible accuracy of the information obtained from the fitness assessment, the participant should follow the instructions listed below.

- Wear comfortable, loose-fitting clothing consistent with exercise.
 - Drink plenty of fluids over the 24-hour period preceding the assessment to ensure normal hydration prior to the assessment.
 - Avoid food, tobacco, alcohol, caffeine, and supplements for at least 3 hours before the assessment.
 - Avoid exercise or strenuous physical activity the day of the assessment.
 - Get an adequate amount of sleep (6-8 hours) the night before the assessment.
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(ACSM Guidelines for Exercise Testing and Prescription 6th ed., 2000)