

Please sign up at the front desk for your Fit Test.

Southwest YMCA



Participant's Name _____ Today's Date _____

Address _____ Day Phone _____

City _____ Zip _____ Alt. Phone _____

Email _____

Fit Test

Sunday, February 21
2:00 pm – 4:00 pm
(in 1/2 hour sessions)

Check Time Available:

- 2:00 – 2:30 pm
- 2:30 – 3:00 pm
- 3:00 – 3:30 pm
- 3:30 – 4:00 pm

Fit Test Price: \$10

Payment Information

My check or money order is enclosed. Charge my: Visa Mastercard

Name of Cardholder _____

Account Number _____ Exp. Date _____

Signature _____

OFFICE	Rec'd by _____	Date _____
USE:	Entered by _____	Date _____

How

FIT

are **YOU?**



**Fitness Assessment and
Body Composition Testing**

Fit Test



Sunday, February 21
2:00 pm – 4:00 pm
(in 1/2 hour sessions)

How physically fit are you? Our Fit Test will provide the answer.

You'll receive baseline measurements of:

Cardiovascular capacity (measured by the Rockport 1-mile Walk Test)

Body Fat Composition (% fat)

Blood Pressure

Resting Heart Rate

Flexibility

The results will allow you to create an effective exercise program and track your progress.

Price: \$10

Sign-up at the Front Desk.

Fit Test participants must be at least 14 years old.

All money will benefit the **Southwest YMCA Strong Kids Campaign.**



Please come prepared for your Fit Test.

In Preparation for the Fit Test:

- Please wear appropriate attire, including athletic foot wear.



- Be prepared to remove your shoes and socks for part of the test.



- Please do not exercise for 12 hours before the test.



- The day of the test do not eat or drink anything for 4 hours beforehand.



- Do not drink alcohol 48 hours before the test.



- Get adequate rest before the test (six to eight hours the night before).



- Use the bathroom within 30 minutes prior to the test.



- Get adequate hydration – six to eight glasses of water the day before the test.



- Let the test administrators know if you are pregnant or wear a pacemaker.

