

# **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/VO<sub>2</sub> submax evaluation. This program is designed to help you learn more about your current fitness level. The fitness assessment should take approximately one hour.

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

**Wear loose fitting shorts, t-shirt, and athletic shoes**  
**No leotards, tights, denim, or sandals**  
**No food or drink 2 hours before appointment (water is OK)**  
**No caffeine 24 hours before appointment**  
**No alcohol 24 hours before appointment**  
**No smoking 3 hours before appointment**  
**No exercise 4 hours before appointment**

If you need to cancel your appointment, please email us at [wellness@lsuhsc.edu](mailto:wellness@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 may have to be rescheduled will begin at arrival time and end by appointment time. If necessary, the session will be rescheduled.