University of Central Florida
Wellness Research Center

Appointment Reminder for ________________________

| Fitness Assessment Dates: ______________________ | Appointment Times: __________________ |

We are delighted that you have chosen the Wellness Research Center to meet your exercise needs! The first step we must take in developing a safe and effective exercise program for you is to establish your present level of fitness. *The Physical Fitness Assessment* will help to determine your current level of fitness so that we can better develop an exercise program to suit your needs. The *Fitness Assessment* will be completed over the course of two visits. You will then schedule a third visit where you will receive an exercise prescription and an *Orientation* to the equipment at the Wellness Research Center.

To be prepared for your *Fitness Assessment*, you should follow these steps:

1. **Dress comfortably.** Loose fitting clothing is recommended (i.e. shorts, T-shirts). It is recommended that women wear “sport tops” under their T-shirts on those days that body composition measurements are taken.
2. **Tennis-type shoes are required** (i.e. no sandals).
3. **Drink plenty of water** over the 24-hour period preceding your test; also avoid alcoholic beverages during this time. Doing so will maintain your level of hydration, which is important for good exercise performance! Do not drink a large amount of water right before your test.
4. **Do not drink caffeinated beverages or smoke** 2-3 hours before your test. Doing so will cause the information we collect during your test to be inaccurate.
5. **Eat a light snack** one to two hours prior to your test. This will help give you energy and will help your performance. Do not eat a heavy meal within the two-hour period before your test as this may cause discomfort and may negatively affect your performance on the exercise tests.
6. **Avoid exercise or strenuous physical activity** the day of your test.
7. **Take any medications** as prescribed.
8. **If you are ill, please reschedule your appointment.** This is especially important if you have a fever or an upper respiratory condition (i.e. flu or cold symptoms).
9. **If medical clearance is needed** from your physician prior to your test, a physician referral form must be on file for you prior to your Fitness Assessment.

Following the *Fitness Assessment*, you will schedule an *Orientation* and an exercise program will be designed for you. A Wellness Instructor will meet with you to review your results during this visit and will help you to begin your new exercise program.

| Orientation Appointment Date: __________________ | Appointment Time: ________________ |

If you are unable to meet your scheduled appointments for any reason, please kindly call and reschedule your appointment at least 24 hours in advance. If you have any questions, please call our Wellness Research Center staff at (407) 823-3509.