What a fitness assessment could mean for you and your workout!!!

Do you know what your actual body composition is? Do you know what a healthy body composition should be? What heart rate should you be working at? How many minutes a day should you be working out to achieve your weight loss goal? Having a simple fitness assessment done can not only help you answer these questions but can also save you precious time and keep you from performing workouts that may actually be keeping you from your goals. It is a valuable tool that many people overlook that will make achieving your fitness goals a little easier.

THE BENEFITS

**Determine current health conditions, risks or limitations.**

**Assess current fitness level**
Establish strengths and weaknesses and get baseline measurements to help set goals based on current industry standards and your own goals.

**Identify fitness goals and appropriate training options based upon those goals.**
Setting goals can help you stay focused and meeting those goals can provide motivation to continue.

**Extra incentive.**
The incentive to improve can be provided by whatever goal you set by knowing that you will be tested again. So... have an initial assessment done. Set your goals and then set dates aside to be re-tested on consistent bases. This will increase your likelihood of continuing a fitness program.

**Assess effectiveness of a workout.**
It doesn’t make much sense to continue a routine if it’s not working or if you’re not working out correctly. But how do you know whether or not you need to make some changes if you don’t have that knowledge. A fitness assessment can provide you with the basic knowledge and tools you need to avoid ineffective training.

ANATOMY OF A FITNESS ASSESSMENT

**Health History Questionnaire (HHQ)**
For your safety it is always recommended that you consult your physician prior to starting an exercise program, especially if you have been diagnosed with or show any signs/symptoms of cardiovascular or pulmonary disease. A HHQ will also help identify your risk stratification.

**Height/Weight**
Used to establish a baseline for comparison and to calculate body mass index (BMI)

**Circumference Measurements**
Used to establish a baseline for comparison.

**Body Composition (utilizing skin-fold calipers)**
Weight does not tell us much, so body composition is measured to determine what percentage of your weight comes from fat and what percentage is lean body mass (the good weight). It also allows you to determine whether or not you are at a healthy range based on current industry standards.

**Sub-max bike test**
Determines what your cardiovascular fitness level is compared to other individuals of your age and gender. Also allows the tester to make sure your heart rate and blood pressure are responding, as they should to exercise intensity and recovery.

To sign-up for a FREE fitness assessment visit the HPER Fitness Center cardio room and ask a student worker to get you signed up. must be UCA student, faculty, staff or spouse