

# Fitness Profile Pre-Test Instructions

Your client's results to the Fitness Profile test can be affected by their immediate sleeping, eating and exercise actions. To avoid invalid test results, make sure your client receives these pre-test instructions at least one day prior to their scheduled appointment.

1. Wear shorts, T-shirt and rubber shoes for the Fitness Profile test. Do not wear tights or a one piece top because they make it difficult to obtain accurate skinfold measurements.
2. Drink plenty of fluids over the 24-hour period preceding the test.
3. Abstain from food, tobacco, alcohol and caffeine for 3 hours prior to the test.
4. Avoid exercise or vigorous physical exercise the day of the test. It is best if the Fitness Profile test is the first exercise you perform for the day.
5. Get an adequate amount of sleep (6 to 8 hours) the night before the test.
6. Notify your health counselor if you have recently been ill. The test may need to be rescheduled.

Another pre-test recommendation is to take the client through the Health History questionnaire. This questionnaire will determine if there are any medical reasons the client should not take the Fitness Profile test or engage in a program of low to moderate exercise.

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