

AIA Vitality FITNESS ASSESSMENT

What to Expect?

Your fitness assessment will take about 20-30 minutes. When you book in for your assessment, you will be required to fill in a **PAR-Q** (Physical Activity Readiness Questionnaire). Please bring this with you on the day.

There are three main parts to the assessment:



RESTING MEASURES	FITNESS ASSESSMENT	MOBILITY ASSESSMENT
<ul style="list-style-type: none">• Heart Rate• Blood Pressure• Height and Weight• Waist Circumference	<ul style="list-style-type: none">• 3-minute step test <p><i>NB</i> – the step test is not suitable for those with pacemakers or those members that may be taking heart rate altering medications.</p>	<ul style="list-style-type: none">• Overhead Squat movement assessment

Resting measures

The clinical exercise physiologist will perform a brief health screen to check it is safe for you to do the fitness and/or mobility assessment. They will also measure your resting heart rate, blood pressure, height, weight, and waist circumference.

3-minute step test

You will be asked to step up and down a 30cm step, in time with a metronome for three minutes. Your heart rate after the test will be used to estimate your cardiorespiratory fitness.

Overhead Squat movement assessment

The clinical exercise physiologist will ask you to stand facing a wall and perform a squat movement. They will assess your standing posture, and technique during the squat movement and assign a score for your overall mobility.

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What to Wear/Bring?

You will be completing moderate intensity exercise so please wear comfortable exercise clothing (e.g. sports shoes, shorts/leggings, t-shirt/singlet).

Please bring the completed PAR-Q screening questionnaire that you will receive prior to your assessment.

You may also wish to bring a drink bottle and snack for after your assessment.