



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS ANALYSIS

What is it?

A Fitness Analysis will give you a baseline from which to measure your future fitness progress. The entire assessment will take about 45 minutes and will include:

- Resting Heart Rate, Blood Pressure Measurement, and Weight
- Body Composition (a 4-site skinfold measurement)
- The 4-sites measured are: the triceps, hip, abdomen, and thigh. These measures are done on the skin. Please wear a T-shirt and shorts.
- Step Test (involves stepping up and down on a 12-inch step for 3 minutes), after which your heart rate is taken.
- Muscular strength and endurance measurement (a time bench press test and an abdominal crunch test for one minute).
- Flexibility Measurement

Who is it for?

It is for YMCA members and the general public at all fitness levels. The object of the first assessment is to give you a baseline from which to measure your future progress.

What should I wear?

Wear athletic shoes and active clothing--preferably shorts or pants that allow access to your upper thigh for a more accurate body composition reading

In order for you to more effectively participate and complete the tests, please note the following:

- Avoid caffeine, nicotine and food 3 hours prior to testing and alcohol 8 hours prior as these may have adverse affects on the tests
- Please avoid exercising before the testing
- If at any time you are unable to safely perform or complete an activity the staff may conclude the test before a complete measurement can be made

Where should I go?

A Front Desk Associate can tell you where to meet with the Personal Trainer who will be working with you.

How do I register?

Call one of the Membership Experience Director contacts listed below to set up an appointment, or stop by the front desk and leave your name and phone number with a front desk associate and a Trainer will call you to set up an appointment. Fitness Analyses are free for YMCA Members and the cost is \$40.00, per analysis, for the general public.

Other Information

Contact:	Downtown Center	436-9667
	Broadview Center	436-9519
	Westside Center	436-9523
	East Side Center	436-1231

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.