

AIA Vitality FITNESS ASSESSMENT

What to Expect?

Your fitness assessment will take **up to 30 minutes**

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	<ul style="list-style-type: none">• Overhead Squat movement assessment

Resting measures

The Certified Personal Trainer 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.

Note – the step test is not suitable for those with pacemakers or those members that may be taking heart rate altering medications.

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 Certified Personal Trainer 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.

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 (following page). You may opt to bring a drink bottle and snack for after your assessment.