

Faculty Staff Fitness Program

Fitness Testing Instructions

1. Bring or wear comfortable clothes to exercise in e.g. shorts, t-shirt, sport bra, tennis shoes.
2. Avoid heavy food, tobacco, alcohol, and caffeine for at least 3 hours before testing
3. Drink plenty of fluids over the 24-hour period preceding the test to ensure normal hydration prior to testing.
4. Avoid exercise or strenuous physical activity the day of the test.
5. Get an adequate amount of sleep (6-8 hours) the night before the test.
6. Do not put lotion on your body for at least 3 hours before testing.
7. Allot an hour for all fitness testing.
8. Males: We may need to shave portions of your chest for the ECG electrodes.



<http://ehe.osu.edu/paes/fsfp>