

Welcome to the McConnell Heart Health Center!

3773 Olentangy River Road, Columbus, OH 43214

Fitness Assessment Appointment

Scheduled for _____ at _____ (approx 60 minutes)

With Exercise Physiologist _____

When you arrive for your appointment, please check in at the Front Desk. Let them know you are here for your Fitness Assessment with the Exercise Physiologist listed above. The Exercise Physiologist will meet you in the front lobby area.

If you have questions about your Fitness Assessment appointment, need to cancel or reschedule this appointment or to ask questions regarding your membership, please call **(614) 566-3804**.

IMPORTANT: In order for your fitness assessment to proceed it is imperative that you:

- ✓ Arrive no later than the appointment **start time** to McConnell's Front Desk.
- ✓ Arrive **dressed for exercise** in comfortable clothing. If you need to change into exercise attire once you arrive, please arrive 10 minutes earlier than your appointment start time.
- ✓ Bring your **completed** Personal Health Assessment paperwork with you (*If you already completed and turned in this form when you joined McConnell please disregard*).
- ✓ For the exercise tolerance portion of the fitness assessment please do not eat for 4 hours prior to testing (you can have a small snack or light meal) nor drink water excessively (normal hydration is expected).
- ✓ Bring your calendar with you to schedule your optional exercise orientations.

PLEASE NOTE:

- *Your appointment may be cancelled if you are unable to meet the above guidelines.*

Fitness Assessment component descriptions on back side of this form

Fitness Assessment component descriptions

1) **Exercise Tolerance Assessment** (Optional component)

This assessment helps our exercise physiologists understand how your heart rate and blood pressure respond to exercise and provides a starting point for the building of your exercise program

2) **InBody – Body Composition Analysis** (Optional component)

The InBody assessment measures your muscle mass, water and fat ratios. These results allow you to compare your current body composition to that recommended for optimal health. InBody testing takes approximately 5 minutes to complete.

***Please note:** Customers with a pacemaker are NOT able to receive the InBody test since electrical currents used to measure body composition have the potential to interfere with pacemaker/ICD function. Also, it is not recommended if you are pregnant due to the accuracy of the test.*

Clothing for the InBody test:

- InBody testing is done bare-footed. Please be prepared to remove shoes and socks/pantyhose for testing.
- Do not wear heavy jewelry – jewelry will have to be removed prior to testing

3) **Functional Movement Assessment** (Optional Component)

This assessment helps identify areas of body tightness or weakness. The exercise physiologist uses this information to build greater flexibility and strength components into your exercise program.

4) **Exercise Orientations** (Optional Component)

Upon completion of your fitness assessment we will schedule, if you desire, land and/or water exercise orientations with our exercise physiologists to build your exercise program, based on your goals and health history.