

# Pre-Exercise Test Instructions

## How should I prepare?



Follow these steps for the most accurate results:



### Day Before Test



**Eat As Normal.** Do not change what or how much you would normally eat.



**Stay well-hydrated.** Drink 1 - 2 glasses of water with every meal and snack.



**No intense training.** Avoid strenuous exercise the day before your test.



### Day of Test



**Rest on the Morning** of your test.



**Eat a light snack 1 - 1.5 hours before test.** Avoid a heavy meal 2 - 3 hours prior to test.



**Avoid consuming** caffeine, Alcohol, supplements and smoking 12 - 24 hours prior to testing.



### Upon Arrival



**Check in at 2nd floor front desk.**

## What should I expect?



**Closed toed shoes are required for testing.**

Clothing you feel comfortable exercising in is **recommended.**

**Please avoid** clothing that may limit range of motion during exercise.

**The exercise test you will perform will be specific to your visit,** and may use either a stationary bicycle or a treadmill. Please speak with a team member if you have any concerns or questions about your exercise test.

