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Patient Pretest Exercise Instructions

Before administering a physical fitness test, certain measures should be taken to ensure client safety and comfort. A minimal recommendation is that individuals complete a questionnaire such as the PAR-Q before completing the testing. Individuals should be instructed to do the following:

- Wear comfortable, loose-fitting clothing consistent with testing.
- Drink plenty of fluids over the 24- hour period preceding the test to ensure normal hydration prior to the testing.
- Avoid food, tobacco, alcohol and caffeine for at least 2 hours before testing.
- Avoid exercise or strenuous physical activity the day of the test.
- Get adequate amount of sleep (6 to 8 hours) the night before the test.

ACSM Guidelines. 2000