

Client Instruction Sheet - EMR Assessment

Scheduling the Test

- The fitness test will require approximately 30 minutes. If you are taking beta-blockers, you should schedule the test at the time of day that you typically exercise, if possible.

Before the Test

- You will be given specific instructions for how to prepare for the test.
 - Wear comfortable walking or running shoes and a loose-fitting shirt that allows for a blood pressure cuff to be placed on your upper arm. A heart rate monitor (chest strap type) and ECG electrodes may be used for monitoring purposes. Women should wear a blouse or top that buttons down the front and avoid restrictive undergarments such as tights or panty hose.
 - Don't eat or drink (except water) or use tobacco for at least three hours prior to the test.
 - If you take insulin and your fitness test is scheduled in the morning after a 12 hour fast, wait until after the fitness test to take your insulin. Take all other medications as usual. Bring all your medications with you to the test.
 - Avoid physical activity as much as possible on the day of the test (don't work out before the test). For a maximal fitness test, do not perform any strenuous exercise on the day before the test.
- You will be asked to read and sign an Informed Consent that explains the purpose, benefits, and risks associated with the test. You will be given an opportunity to ask questions.
- You will complete a brief health history survey to help determine if it is acceptably safe for you to be tested.
- The fitness professional who is administering your test will explain the test procedures to you in detail, including how to communicate during the test.
- Your heart rate and blood pressure will be measured at rest. Your height and weight may be measured.
- If a stationary cycle is used for the test, the seat height will be adjusted to fit you.

During the Test

- A comfortable breathing mask will be placed over your mouth and nose. The air you breathe will be the air present in the room. You will need to breathe through your mouth only. Tubes from the facemask are connected to the V02 P.A.S., which will analyze the air that is exhaled while you exercise.
- You will begin walking or pedaling at a predetermined speed.
- If a multiple stage test is used, the technician will monitor the time in each stage, take your heart rate, and adjust the workload as you progress through the test.

- Your blood pressure and heart rate will be monitored during the test.
- You will be monitored closely during the test. The fitness professional will ask: "How are you doing?" But, don't wait for him/her to ask how you feel if you are feeling badly in any way. Let the fitness professional know immediately if you are having problems.
- You will be asked to provide a rating of how hard the exercise feels to you using a scale on a chart. Review the information about the Ratings of Perceived Exertion (RPE) scale to become familiar with the scale before having a test.

After the Test

- Do not get off the treadmill or cycle suddenly when the test is completed. When the test is completed, you will continue walking or pedaling at an easy intensity to cool down for a period of approximately three minutes. The cool-down period allows your heart rate to gradually return to the normal range. Occasionally, the fitness professional may help you off the treadmill or stationary bike immediately when you finish the test and have you lie down.
- You will be given the breathing mask that was used during your test to keep for use with any repeat tests you may have in the future. Having your own reusable breathing mask is an advantage of the VO₂ P.A.S. technology.
- You will be provided with a written report that explains your results in an easy to understand manner.