

CF PRE-EVALUATION INSTRUCTIONS

Inform members of the following guidelines **48 hours** before they participate in the EXPRES Evaluation:

- In order to maintain resting heart rate and blood pressure status, **individuals should NOT do their own warm-up when they arrive at the gym**; the instructor will lead a group warm-up after vital statistics have been taken for the whole group.
- Members are advised to **wear loose breathable clothing** for the evaluation, as the gymnasium tends to be warm.
- **Avoid eating a heavy or high fat meal for at least two hours prior to the evaluation.**
- For optimal performance, **avoid smoking for at least two hours prior to the evaluation.**
- **Refrain from drinking caffeinated beverages (pop, coffee, tea, chocolate milk, etc.) for two hours and alcoholic drinks for six hours prior to the evaluation.**
- **Strenuous physical activity should be avoided for six hours prior to the evaluation.**

If the member chooses to ignore the preliminary instructions, he/she is at risk of being turned away on his/her test day.

Contact the Fitness Coordinator at 765-3000 ext 3899 if you have any questions.