

Important information - Fitness Assessment cardio-respiratory exercise test

The Advanced cardio-respiratory exercise test is included in the Bupa Fitness Assessment.

The test assesses the efficiency of the cardiovascular, respiratory and muscular systems in response to exercise.

The test reveals:

- cardiovascular efficiency - how your circulatory system responds to exercise
- respiratory efficiency - how the lungs respond to exercise
- metabolic efficiency - how well the muscles burn fat for energy
- aerobic capacity - the maximal uptake and use of oxygen by the body (a measure of fitness)
- anaerobic threshold - the point at which energy demands outstrip available oxygen supply
- we monitor an ECG (heart rhythm) and blood pressure during exercise for safety

What does the test involve?

The test involves cycling on an electronically braked bicycle or treadmill ergometer so that the workload can be controlled. Every two minutes the workload is increased. The average length is about 8 minutes. We aim to get the heart rate up to 85% of maximum predicted heart rate.

A number of parameters are monitored during exercise. These include:

- heart rate and blood pressure
- oxygen consumption and carbon dioxide output
- subjective levels of effort

Before, during and after the test

Before the test your health adviser will review your medical history and test results. A resting ECG will be taken and blood pressure will be checked. If any abnormalities are noted on the ECG then testing cannot be performed until reviewed by a doctor or cardiologist.

During the test we monitor your heart rate via a dynamic ECG and your breathing via a specially designed mouthpiece. The blood pressure cuff will inflate and every 2 minutes the health adviser will regularly check how you are feeling throughout the test.

If you develop symptoms of chest pain, light headedness, stomach discomfort, unusual fatigue, an uncomfortable level of shortness of breath or palpitations (abnormal racing of heart) or any other feelings of pain or discomfort you must tell the health adviser who will take steps to end the test. You can stop the test at any time if you want to.

The test finishes with a 2 to 4 minute cool-down period.

All your results are collated into a detailed report, which will normally be given to you on the day. The health adviser will explain the results to you. This information is also very useful in planning future fitness activities and calculating training heart rate zones.

What are the risks of exercise testing?

Research studies have shown that the risk of a critical incident during or after an exercise test can be as high as 1 in 10,000 people, but minimise this risk Bupa uses a series of exclusion criteria to ensure that high-risk clients do not exercise. These include:

- raised resting blood pressure above 160/100mmHg
- current fever or infection
- any current or previous history of cardiac problems
- some current or previous lung problems
- other serious medical conditions e.g. uncontrolled diabetes and asthma.
- significant abnormality on the resting ECG trace



Some drugs interfere with the response to exercise. You will be unable to do the test if you are taking.

- beta blockers
- cold and cough remedy drugs containing ephedrine and pseudoephedrine
- drugs to control abnormal heart rhythms
- tricyclic antidepressants

Musculo-skeletal injuries may occur during exercise but these are reduced by avoiding exercising with injuries and ensuring that warm-up and cool-down periods are completed.

It is very important for you to tell us about any recent symptoms and give us full details of your medical history so we can assess your health risks for exercise.

If you have any questions please ask the Health Adviser.

I have read and understood the contents of this factsheet, and I am happy to perform the cardio-respiratory exercise test.

Signed (client) _____ Date _____ Name (printed) _____

The above named client has read the information sheet and had an opportunity to ask questions.

Signed (Health Adviser) _____ Date _____ Name (printed) _____

