

GET THE MOST OUT
OF YOUR FITNESS
ASSESSMENT



YOUR BUPA FITNESS ASSESSMENT CHECKLIST

By choosing a Bupa Fitness Assessment you have made time to have a thorough review of your current fitness levels and understand how best to maintain or improve your all round fitness

This checklist will help you get the most from your Bupa Fitness Assessment. Please take a few minutes to read it and don't hesitate to contact us if you have any questions.

BEFORE YOUR APPOINTMENT

Your fitness assessment questionnaire

Please complete your fitness assessment questionnaire prior to arrival at the Bupa centre. The answers you provide will form the basis of the discussion with the Bupa health adviser, and help us understand and address your individual needs.

Rescheduling or cancelling your appointment

If you change or cancel your booking within the five working day period before your appointment, a charge will be made. The charge will be £75 up to 24 hours before the time of your appointment. If you cancel or reschedule within the 24-hour period before your appointment, or fail to attend on the day, the full appointment fee will be payable.

If your appointment is being paid for by your employer or has been pre-paid, different terms may apply.

Diet

There is no need for you to fast prior to your fitness assessment; however, we would suggest that you avoid high sugar foods 12 hours prior to the test as this may affect your results.

Caffeine can stimulate the heart. Please try to avoid any highly caffeinated drinks or tablets for 12 hours before your assessment to ensure accurate results.

If you are diabetic and on medication you should not fast or alter your diet in any way prior to your assessment.

Medicines

If you are taking any medication please continue to do so. Be aware that some medications are contraindications to performing the fitness test.

ON THE DAY

When you arrive at the centre you will be greeted by our receptionist who will take your appointment letter. The receptionist will also check our records of your address and your GP's address.

YOUR FITNESS ASSESSMENT

So that you can be sure of what to expect from your visit, we have listed below the range of tests that we will be carrying out during your Bupa Fitness Assessment.

To get the most out of your assessment we recommend you arrive 10 minutes prior to your appointment time in the clothing you wish to exercise in.

The Bupa Fitness Assessment is performed by a health adviser and will take up to one hour to complete. It includes the following tests:

Pre-fitness test:

- resting blood pressure and pulse readings
- lung function assessment
- body composition analysis including:
 - body mass index (BMI) calculation
 - waist to height ratio
 - body fat percentage
 - lean mass calculation
 - basal metabolic rate calculation

Fitness test:

- VO2max score (via gas analysis)
- anaerobic threshold
- cardiovascular efficiency during exercise
- metabolic efficiency during exercise
- respiratory efficiency during exercise
- strength and flexibility assessment

Post exercise:

- fitness results review
- fitness consultation
- fitness report and action plan

A short written report with a personalised fitness action plan along with your fitness response report will be compiled following your assessment.

Please don't hesitate to call your centre if you have any questions or concerns.