



Destiny Management

The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

How to Perform the Fitness Tests

DESCRIPTION OF CIRCUMFERENTIAL SITES

Neck:	A horizontal measure taken midway between the trapezius and chin.
Chest:	A horizontal measure taken around the nipple line.
Waist:	With the subject relaxed, a horizontal measure taken at the level of the umbilicus (belly button).
Hips:	With the subject standing erect naturally and the feet together, a horizontal measure is taken at the maximum circumference of the hips/buttocks region. (The individual should be wearing a thin swimsuit or briefs.)
Thighs:	With the subject's legs slightly apart, a horizontal measure is taken at the maximum circumference of the thighs, just below the gluteal fold.
Calf:	With the subject standing erect, a horizontal measure taken at a level of the maximum circumference between the knee and the ankle.
Upper Arm:	With the subject's arm to the side of the body, a horizontal measure is taken midway between the acromion (shoulder) and olecranon (elbow) processes.
Forearm:	With the subject standing erect and the arms hanging downward but slightly away from the trunk and palms facing forward, measure is taken perpendicular to the long axis of the forearm at the level of its maximum circumference.
Wrist:	On your dominant hand, measure your wrist at the location where your wrist bends.

Procedures:

1. Place tape perpendicular to the long axis of the body part.
2. Pull tape to proper tension without pinching skin.

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RESTING HEART RATE

- 1) After you've been sitting still for 5 minutes or longer, find your pulse at your wrist (On your thumb side right next to the tendons in the middle of your wrist) or neck (Find your windpipe and follow it around until you lose the windpipe).
- 2) Use just your first two fingers. Do not use your thumb as your thumb has it's own pulse
- 3) Put light pressure over the artery If you press too hard it can affect your heart rate) begin the count with zero and take your pulse for 15 seconds.
- 4) Multiply the number by 4 to get your resting heart rate.

BLOOD PRESSURE

If you have a blood pressure cuff or know your blood pressure from your last doctor's visit, please record the information. Otherwise you can go to a pharmacy or other health care facility to get it checked.

3-MINUTE STEP TEST

Purpose: To determine cardiovascular condition by measuring recovery heart rate.

Procedures:

On a step that is 12 inches high (it can be shorter if it hurts your knees, hips, or is just uncomfortable but tell us the height of the step). Face the step and place one foot up on the bench, step up with the second foot, step down with the first foot, and step down with the other foot. This sequence of alternating feet should be done within two seconds. It does not matter which foot leads or if the lead foot changes during the test.

Continue stepping for 3 minutes. If you can't continue for 3 minutes record the time you completed. At the end of 3 minutes, immediately sit down and immediately find your pulse, get the rhythm, and start counting for 1 full minute. Begin the count on a beat, counting the beat as "zero". The recovery rate count must be started within 5 seconds or the heart rate will be significantly different. (Note: Pay close attention to the heart's rhythm, which can change suddenly during recovery. It is easy to lose count.) The 1-minute count reflects the heart's rate at the end of stepping as well as the rate of recovery.

The total 1-minute post exercise heart rate is the score for the test and can be recorded and compared to the norms in the scoring sheets or to previous test results if appropriate. Score the total 1-minute post exercise heart rate in beats per minute.

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PUSH-UP ENDURANCE TEST PROTOCOL

Purpose: To measure the muscular endurance of the upper body.

Procedures:

1. The push-up test is administered with male subjects in the standard “up” position (hands shoulder width apart, back straight, head up) and female subjects in the modified “knee” position (ankles crossed, knees bent at 90° angle, back straight, hands shoulder width apart, head up).
2. You should lower your upper body so the shoulders come down even with the elbows.
3. For both men and women, the subjects back must be straight at all times and the subject must push up to a straight arm position.
4. The maximal number of push-ups performed consecutively without rest is counted as the score.

BENT-KNEE CURL-UP TEST

Purpose: to test abdominal strength and endurance by determining how many curl-ups can be completed at a set cadence without time constraints.

Procedures:

Review and demonstrate the curl-up test and allow the client to practice if desired. Have the client warm-up before taking the test. Have the client assume a lying position with feet flat on the floor and knees bent at about 90 degrees. They should place their hands palms-down at their sides. Place a tape measure at the end of their fingertips, running lengthwise as a continuation of their arm. When ready, place your hands under the client’s head to support their neck. The client slowly flattens their lower back and curls their upper spine until the fingertips touch the 8 cm mark on the tape measure. The client then returns to the original position with their upper back and shoulders touching the floor. One curl up is counted each time their upper back and shoulders touch the floor. The client should perform the curl-up at a rate of one every 3 seconds or 20 curl-ups per minute. There should be no rest at the bottom position. The client should perform as many curl-ups as possible without stopping, up to a maximum of 75. The test is terminated if the cadence is broken. (Caution: The participant should breathe easily during the exercise so as not to invoke the Valsalva maneuver).

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SIT & REACH TEST PROTOCOL

Purpose: To measure trunk forward flexion and determine hip, low back, and hamstring range of motion.

Procedures:

1. Participant should perform a short warm-up before this test. It also recommended that the participant refrain from fast, jerky movements which may increase the possibility of an injury. Shoes should be removed.
2. A yardstick or tape measure is placed on the floor and tape placed across it at right angles to the 26 cm mark. The participant sits with the yardstick or tape measure between the legs with the heels lined up at the 26 cm mark and the 0 mark towards the knees. The heels of the feet should be about 10 to 12 inches apart and the toes pointed up toward the ceiling. The legs should be kept extended at right angles to the taped line on the floor.
3. The participant should slowly reach forward with both hands as far as possible on the yardstick or tape measure, holding this position momentarily. Be sure that the participant keeps the hands parallel and does not stretch or lead with one hand. Fingertips can be overlapped and should be in contact with the yardstick or tape measure.
4. The score is the most distant point (in centimeters) reached on the yardstick or tape with the fingertips. The best of three trials should be recorded. To assist with the best attempt, suggest that the participant exhale and drop their head between the arms when reaching. Testers should insure that the knees of the participant are kept straight. The participant's knees should not be pressed down.

CAUTION: The participant should not invoke the valsalva maneuver and should breathe easily during the exercise.

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RECORDING SHEET

Name: _____ Date: _____

Measurements: Neck _____ Chest _____ Waist _____ Hip _____
(Record in inches)
 Thigh R _____ L _____ Calf R _____ L _____
 Upper Arm R _____ L _____ Forearm R _____ L _____
 Wrist: _____

Body Composition:

Age _____ Weight _____ *(Record in pounds)* Height _____ *(Record in inches)*

Fitness Tests:

RHR: _____ BP: _____ mm Hg Sit & Reach: _____ cm

Push-ups: _____ Curl-ups: _____ Step Test HR _____

Step Height _____

Minutes Completed _____

Comments: _____

We appreciate your business. As a way of saying thanks, please fill out the information below for someone you'd like to get started with online personal training, and when they join, you will receive one free training consultation.

Name: _____

Best way to be reached: _____



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Email: _____

Your caloric needs for each day are based on 3 components:
1) your lean body mass, 2) your hours of activity per day, and 3) the type of activity which you are doing throughout the day. Providing us with the following information will help us calculate your daily nutritional requirements.

active hours per day. _____

How many hours per day do you spend doing activities similar to these? These hours must equal the number of active hours that you are awake per day.

Rest	<input type="text"/>	(Reading, Lying Still)
Very Light	<input type="text"/>	(Sewing, Singing, Standing, Studying)
Light	<input type="text"/>	(Dishwashing, Office Work, Shopping)
Moderate	<input type="text"/>	(Golf, Nursing, Housekeeping)
Severe	<input type="text"/>	(Dancing, Walking 3-4 mph)
Very Severe	<input type="text"/>	(Running, Walking 5 mph, Resistance Training)

Name: _____ Date: _____