

	I am Healthy Aerobic Fit Testing Procedures		
I am HFit Modules	Test		Testing Procedures, Pictures, Description links, and other interesting details.
Follow these Rules	Before beginning any sort of physical assessment make sure you are physically able to perform the tests safely. See PAR Q From in links . If you have any concerns about your ability ask your wellness team for assistance. This is a self directed test. Use good judgement. If you feel pain, dizziness or nausea, discontinue the assessment. As soon as your form is compromised or if you have any pain or unusual sensation stop the test.		
	RESTING STATE		
Blood Pressure	Do you have blood pressure that is below 120 systolic and 80 diastolic (even through medication)? If you do place a check in the checkbox.	<input type="checkbox"/>	Normal blood pressure is less than 120 over 80 (120/80). People whose blood pressure is above the normal range should ask their doctor how to lower it.
Resting Heart Rate	Do you have resting heart rate of 65 or below? If you do place a check in the checkbox.	<input type="checkbox"/>	Generally, a lower resting heart rate indicates a higher level of cardiovascular fitness. Harvard Health suggests if your resting heart rate is consistently above 80 beats per minute, you might want to talk to your doctor about how your heart rate and other personal factors influence your risk for cardiovascular disease.
H/AFit	EASY AEROBIC ABILITY TEST		
Easy Aerobic Ability Test	An easy way to determine how aerobically fit you are is just walk a mile as fast as you can. If you can walk a mile in 14-15 minutes (3.7 - 4 mph) you have a fair level of aerobic ability. Another easy way is to climb stairs fast. If you can climb four flights of stair fast (steps) without being out of breathe and not having to stop you have fair level of aerobic ability. If you passed both place a check in the checkbox. Actual measurement of V02 max outside of a clinical setting can be extremely risky, due to scope of practice issues, as well as the need for the emergency equipment required. In a health and fitness setting V02 max is typically estimated through sub-maximal field tests (see AEROBIC ABILITY TESTS below).	<input type="checkbox"/>	
H/AFit	RECOVERY HEART RATE		
Recovery Heart Rate	An easy way to determine you cardiovascular condition is to determine your recovery heart rate. Do you have fast recovery heart rate after exercise (does your heart rate drop at least 22 beats per minute after exercise within the first 2 minutes)? If you do place a check in the checkbox.	<input type="checkbox"/>	People in better cardiovascular condition tend to have lower heart rates during peak exercise, and return to their resting heart rate more quickly after physical activity. Your heart should recover 12 beats per minute from peak in the first minute after exercise. Less than that is abnormal. Also, subtract your 2-minute heart rate from the heart rate you took immediately after vigorous exercise. The faster your heart rate recovers (or slows down) after 2 minutes the fitter and healthier your heart. If you have less than 22 beats per minute heart rate recovery your biological age is slightly older than your calendar age. LEARN MORE