

	I am Aerobic Fit Testing Procedures		
<b>I am H/AFit Modules</b>	<b>Test</b>		<b>Testing Procedures, Pictures, Description links, and other interesting details.</b>
<b>Follow these Rules</b>	Before beginning any sort of physical assessment make sure you are physically able to perform the tests safely. <a href="#">See PAR Q From in links.</a> 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.		
<b>AFit</b>	<b>AEROBIC ABILITY TESTS FOR THE I am AFit Program - must score above average to consider yourself AFit and have passed the HFit Criteria</b>		Aerobic capacity is a measure of your body's ability to take oxygen from the atmosphere and use it to produce energy for your muscle cells. Many consider the most important fitness metric. Having good cardiovascular fitness has many health benefits, for example, it decreases your risk of cardiovascular diseases, stroke, high blood pressure, diabetes and other diseases as well as impacting life span and all cause mortality. Many factors influence aerobic fitness, including your lung efficiency, cardiac function, gender, age and genetic makeup. High-intensity exercise increases VO2 max. Maximal aerobic power is typically expressed as mL/kg-1/min-1. An individual's VO2 max can be measured or estimated by a variety of techniques, including treadmill running, cycle ergometer, arm cranking, stair stepping, rowing, and walking. However, the gold standard is progressive treadmill testing by walking or running to exhaustion.
	<b>AEROBIC ABILITY TESTS</b> <b>Pick the test that is best for you. 1 is the easiest and 4 is the most difficult. 1. A Simple one Mile Walk 2. One and half mile Walk/Run test 3. Exercise Machine Test 4. Graded Treadmill Test</b>		There are many options that you can do to test your aerobic fitness. Pick one or do all four to find your ability, then determine if you met the desirable level (above average or the 60 percentile for your age). I recommend the first one (Rockport Walking Test) for most. The first test (Rockport Walking Test) is a simple walking test of a mile, the second is a 1.5 mile run, the third is a determination of your peak intensity on a cardio machine that has a MET display, and the fourth is a standard graded treadmill test.
<b>1. Rockport Walking Test</b>	I recommend the Rockport Test for many who can not run because it is a safe walking test. <b>How to do the Rockport Walk Test:</b> After a brief warm up walk as briskly as possible for one mile with a heart rate monitor or measure pulse over 15 seconds when completing the mile to derive beats per minute by multiplying by 4. Use your time and heart rate to determine your aerobic fitness by calculating your score or email us your data and we will determine your score ( <a href="#">see Walk Test Link</a> ). If you met the desirable level of above average or better you can place a check in the checkbox		
<b>2. Cooper 1.5 Mile Walk/Run Test</b>	Cooper 1.5 mile walk/run test ( <a href="#">see Cooper Run Test Link</a> ). Female desirable level reached if 1.5 mile walk/run time value is < 13:26 if 20-30 yrs old, < 14:34 if 30-40 yrs old, < 15:18 if 40-50 yrs old, and <17:20 if 50-60 yrs old. Male reached the desirable level if 1.5 mile walk/run time value (minutes) is < 11:28 if 20-30 yrs old, < 11:50 if 30-40 yrs old, < 12:26 if 40-50 yrs old, and < 13:54 if 50-60 yrs old. If you met the desirable level you can place a check in the checkbox.		<a href="https://www.humankinetics.com/AcuCustom/Sitename/DAM/082/Cooper_Walk_Run_Test.pdf">https://www.humankinetics.com/AcuCustom/Sitename/DAM/082/Cooper_Walk_Run_Test.pdf</a>
<b>3. Peak VO2 using your peak MET Value on a Ergometer (elliptical, treadmill, bike, stepper)</b>	On an exercise machine of your choice determine your aerobic ability by finding out your <b>PEAK MET</b> value that you can sustain for 3 minutes after warming up and doing a 2 or more incremental stages. Female desirable level reached if PEAK MET value is > 10.4 if 20-30 yrs old, >10.1 if 30-40 yrs old, >9.2 if 40-50 yrs old, and >8.4 if 50-60 yrs old. Male reached the desirable level if PEAK MET value is > 12.8 if 20-30 yrs old, >12.2 if 30-40 yrs old, >11.4 if 40-50 yrs old, and >10.5 if 50-60 yrs old. If you met the desirable level you can place a check in the checkbox ( <a href="#">see full Peak VO2 chart</a> ). <b>How to work up to your Peak MET level:</b> if you if you find working hard to be a MET level of 10 you should start at 3 METS for 3 or more minutes, then 6 or 7 METS for 3 or more minutes, before attempting harder stages. Most cardiovascular machines report MET values on their display because MET values represent the intensity you are working at ( <a href="#">what are METS?</a> See link). * Record your heart rate at Peak VO2. This value will allow you to gauge your training and progress. In other words at 10 METS you had a HR of 150. Several weeks later at the same MET level you have a HR of 140. This is a sign that you can be getting fitter.		<b>PEAK MET:</b> The Metabolic Equivalent (MET) concept represents a simple, practical, and easily understood procedure for expressing the energy cost of physical activities as a multiple of the resting metabolic rate. One MET is resting state. Walking at 3.0 miles per hour requires 3.3 METs of energy expenditure and is therefore considered a moderate-intensity activity for most, while vigorous-intensity activities are defined as 6.0 METs or more. Peak MET is the MET level that you can sustain aerobic work for 3 minutes where an increase in intensity beyond this would be too much. So someone being tested may start of at 3 to 4 METS for 3 minutes, increase to 5 to 6 METS for 3 minutes, increase 7 to 8 METS for 3 minutes, etc until they find their Peak MET Level.
<b>4. Graded Exercise Treadmill Test</b>	You can also do a standard treadmill protocol ( <a href="#">see Walking Protocol link</a> ) to determine your VO2 Peak. If met the desirable level you of above average (60%) you can place a check in the checkbox.		