



Fitness Assessment and Community Testing (FACT) Program

The goal of the FACT Program is to health and fitness levels of our community members. By offering a range of assessments, FACT aims to collect data that can inform future exercise recommendations and community health initiatives. Participants will receive personalized reports based on tests conducted.

<u>Assessment (estimated time)</u>	<u>Recommended Donation</u>
1) Maximal cardiovascular function (30 min) <i>Maximal cycle ergometer test to measure VO₂max.</i>	\$50, \$75 with lactate
2) Estimated maximal cardiovascular function (25 min) <i>Submaximal cycle ergometer test to estimate VO₂max (YMCA test).</i>	\$25
3) Anaerobic cycle function (25 min) <i>Maximal cycle ergometer sprint test to assess anaerobic capacity (Wingate test).</i>	\$25
4) Body composition via DXA (10 min) <i>Body composition assessment to measure bone, fat, and lean mass.</i>	\$50
5) Pulmonary function (10 min) <i>Pulmonary function test to assess lung function.</i>	\$25
6) Blood pressure (5 min) <i>Resting blood pressure measurement to assess cardiovascular function.</i>	FREE
7) Handgrip strength (10 min) <i>Maximal handgrip strength test to assess muscle performance.</i>	\$10
8) Leg press strength (10 min) <i>Maximal leg press strength test to assess muscle performance.</i>	\$10
9) Chest press strength (10 min) <i>Maximal chest press strength test to assess muscle performance.</i>	\$10
10) Pushup endurance (10 min) <i>Maximal push up test to assess muscle performance.</i>	\$10
11) Waist & hip circumference (5 min) <i>Waist & hip circumference measurement to assess body fat distribution.</i>	FREE
12) Circulating metabolic markers (10 min) <i>Blood-based assessment of glucose, hemoglobin, hematocrit, and/or total cholesterol.</i>	\$20

To donate, scan here



Donations help cover test costs

