

## **What to do prior to your scheduled wellness service:**

1. **Physical Fitness Assessment:**  
Each member receives one (1) free physical fitness assessment each academic year; failure to cancel appointment four (4) hours prior to your scheduled appointment will forfeit this free assessment. Each additional assessment is \$15. For the best testing accuracy, please follow the following guidelines:
  - a. Wear comfortable, exercise clothing.
  - b. Do not eat or drink two (2) hours prior to the test.
  - c. Do not drink caffeine four (4) hours prior to the test.
  - d. Do not smoke two (2) hours prior to the test.
  - e. Take all prescribed medications as directed.
  
2. **Exercise Program Design:**  
Please pay \$12 for students or \$18 for faculty/staff in the Information Office, SRWC room 207, prior to your scheduled appointment.
  
3. **Metabolic Testing:**  
Please pay \$20 for students or \$25 for faculty/staff in the Information Office, SRWC room 207 prior to your scheduled appointment. For the best accuracy, please follow the following guidelines:
  - a. Please do not eat four (4) hours prior to test.
  - b. Please do not exercise four (4) hours prior to test.
  - c. Do not ingest caffeine three (3) hours prior to the test.
  - d. Do not take any decongestants (8) hours prior to testing.
  
4. **Osteoporosis Screens:**  
Please pay \$12 for students or \$18 for faculty/staff in the Information Office, SRWC room 207, prior to your scheduled appointment.
  
5. **UV Damage Photography:**  
Please pay \$10 for students or \$15 for faculty/staff in the Information Office, SRWC room 207, prior to your scheduled appointment.
  
6. **Body Composition Testing (Futrex):**  
Please wear a short sleeve shirt for this procedure to take place. Please pay \$5 for students and faculty/staff in the Information Office, SRWC room 207, prior to your scheduled appointment.
  
7. **Body Composition Testing (skinfold caliper):**  
Please wear short sleeve shirt and shorts for this procedure to take place. Please pay \$5 for students and faculty/staff in the Information Office, SRWC room 207, prior to your scheduled appointment.
  
8. **Cholesterol Screening**  
No food or drink for twelve hours prior to the test.

