

INSTRUCTIONS FOR COMPLETING THE PERSONAL WELLNESS PROFILE

1. Complete the Questionnaire.

A. *Use only a #2 pencil.*

B. Enter the following information on Page One. BE SURE TO BUBBLE IN INFORMATON.

1. Name and Address

Print Name and Unit (for address)

2. Personal ID:

Participant's 7-digit Employee ID #

3. Group ID No.:

A- **OFFICER:** 1120XXX

B- **ENLISTED:** 1220XXX

C- **CIVILIAN:** 5320XXX

4. Required Data:

The following information is **required:**

Personal ID- Name- Age- Gender- Frame Size- Height- Weight

5. To Determine Frame Size:

Small: thumb & middle finger overlap when placed around narrowest circumference of the opposite wrist

Medium: thumb & middle finger just touch when placed around narrowest circumference of the opposite wrist

Large: thumb & middle finger do not touch when placed around narrowest circumference of the opposite wrist

C. Page 3. Question #9: If the response is #5 be sure to bubble in #5 AND **frequency**

2. Health Screenings: may include the following

- A. Cholesterol
- B. Blood Pressure
- C. Body Fat Composition
- D. Waist-Hip Ratio

3. Fitness Testing: may include the following

- A. 1.5 mile run or 1 mile walk
- B. Push ups
- C. Sit ups
- D. Flexibility

SAMPLE CLINICAL DATA ENTRY

Clinical Data - Staff Use Only

Height ft ins	Weight lbs	Waist Girth	Hip Girth	Body Composition Testing Method	Sum of skinfolds	Known % fat	Other	Desired Weight		Desired % fat	
								low	high	low	high
50 6	190	38.0	45.5		23						
<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 1 skinfolds	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0
<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 2 3-site UML	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1
<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 3 skinfolds	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2
<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 4 3-site UMM	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3
<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 5 skinfolds	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4
<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 6 7-site	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5
<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 7 known % fat	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6
<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 8 other 1	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7
<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 9 other 2	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8

round off to nearest half inch

Culiper's trained screener

Resting Pulse	Blood Pressure		PSA	Hemgl	Blood Tests	Cholesterol			Triglycerides	Glucose	Guaic Test (blood in stool)
	systolic	diastolic				Total	HDL	LDL			
50	130	80			nonfasting	165	62	90			
<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 1 3 hr. fasting	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0
<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 2 12 hr. fasting	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1
<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 3 Blood Test Decimal Use	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2	<input type="radio"/> 2
<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 4 mg/dL	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3
<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 5 (ignore decimal)	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4	<input type="radio"/> 4
<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 6 mmol/L (use decimal)	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5	<input type="radio"/> 5
<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6	<input type="radio"/> 6
<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7	<input type="radio"/> 7
<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8	<input type="radio"/> 8
<input type="radio"/> 9	<input type="radio"/> 9	<input type="radio"/> 9	<input type="radio"/> 9	<input type="radio"/> 9	<input type="radio"/> 0	<input type="radio"/> 9	<input type="radio"/> 9	<input type="radio"/> 9	<input type="radio"/> 9	<input type="radio"/> 9	<input type="radio"/> 9

if use clinic blood draw - it may be 12 hour fast

Graded Exercise Test (GXT) Method	Exercise Treadmill			Exercise Bicycle			VO2 max	Exer. Time	CAFT	Stress Test ECG
	HR	mph #1	% grad	HR	mph #2	% grad				
<input type="radio"/> 1 treadmill, Bruce	150						138	6	1	<input type="radio"/> 1 normal
<input type="radio"/> 2 treadmill, Balke										<input type="radio"/> 2 borderline
<input type="radio"/> 3 treadmill, other max										<input type="radio"/> 3 abnormal
<input type="radio"/> 4 treadmill, sub-max										<input type="radio"/> 4
<input type="radio"/> 5 treadmill, walk-test										<input type="radio"/> 5
<input type="radio"/> 6 1 mile walk										<input type="radio"/> 6
<input type="radio"/> 7 1.5 mile run										<input type="radio"/> 7
<input type="radio"/> 8 CAFT step-test										<input type="radio"/> 8
<input type="radio"/> 9 The GELP PFT test										<input type="radio"/> 9
<input type="radio"/> 0 cycle, Astrand										<input type="radio"/> 0
<input type="radio"/> 1 cycle, Shuttle max										<input type="radio"/> 1
<input type="radio"/> 2 cycle, ACOG max										<input type="radio"/> 2
<input type="radio"/> 3 cycle, sub-max										<input type="radio"/> 3
<input type="radio"/> 4 cycle, AATHERD										<input type="radio"/> 4
<input type="radio"/> 5 random VO2 max										<input type="radio"/> 5

walkers

you may get Triglycerides / glucose from a full lab order

Cholesterol Diet Plan	Lung Function			Exercise Intensity (mark only one)	Specified Intensity (RR range % HR max)		Grip	Curl	Push-ups	Sit-ups	Flex
	FVC (L)	FEV1 (L)	FEF25-75 (L)		low	high					
<input type="radio"/> 1 step 1				<input type="radio"/> 1 HR range							
<input type="radio"/> 2 step 2				<input type="radio"/> 2 % HR max							
<input type="radio"/> 3 step 3				<input type="radio"/> 3 % HR reserve							
<input type="radio"/> 4 Orphan				<input type="radio"/> 4 light 50-60							
				<input type="radio"/> 5 moderate 60-75							
				<input type="radio"/> 6 vigorous 70-90							
				<input type="radio"/> 7 % HR reserve light 40-50							
				<input type="radio"/> 8 moderate 50-70							
				<input type="radio"/> 9 vigorous 70-85							

round to nearest half inch

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR_Q)

All participants must complete this screening form before testing.

YES NO

_____ _____ 1. Has your doctor said you have a heart condition and recommended only medically approved physical activity?

_____ _____ 2. Do you have chest pain brought on by physical activity?

_____ _____ 3. Have you developed chest pain in the past month?

_____ _____ 4. Do you lose consciousness or lose your balance as a result of dizziness?

_____ _____ 5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity?

_____ _____ 6. Is your doctor currently prescribing medications for your blood pressure or heart condition?

_____ _____ 7. Are you aware, through your own experience or a doctor's advice, of any other reason against your testing/exercising without medical approval?

Signature

Date

Test Administrator

FLEXIBILITY: SIT AND REACH TEST

Test Description

This test for measures flexibility of the major joints, back, hips and legs. The subject sit with legs extended, feet against a flex bench. They lean forward, reaching with arms as far as possible, without flexing the knees. Flexibility is measured by how far the fingertips reach on a ruler attached to the bench. If a commercially made or home-made bench is utilized, check with your HPM to ensure it is suitable. Changes in the distance from the proximal end of the ruler to the footpad will affect the use of the norms.

Required Equipment

- Gym mat and a flexibility bench

Test Administration

1. Test subject should be screened for lower back impairment or pain. Persons suffering back pain should not do this test.
2. Be sure participants are well instructed in the proper technique. Describe and if needed, demonstrate the correct technique as follows:
 - Have subject warm up with slow stretching movements before attempting this test. An example of a good warm up stretch is a sitting toe touch. Sit on the mat, keep one leg straight out in front, the other on the mat but bent with the sole of the foot placed on the inside of the knee of the straight leg. Slowly stretch forward to reach toward your toes. Hold this stretch gently for 15 – 20 seconds. Do twice on each side.
 - Sit on mat, shoes off, legs fully extended, with feet together and soles of feet against the flex bench. The flex bench should be against a wall to keep it from sliding forward during the stretch test.
 - Keeping knees softly locked straight, reach forward, toward the toes. Keep palms down, fingertips together. Reach forward as far on the flex bench ruler as possible and hold for at least two seconds. Avoid jerky movements or bouncing.
 - Repeat the stretch test at least twice. Record the best score of any of the stretches. If the subject just reaches their toes, their score would be 26 cm (10.25 inches). Record results in inches. Round down to the nearest tenth of an inch. Use the best score.
3. The stretch bench should be 12 inches tall, have a flat vertical surface for the feet to rest against, and have a ruler on top for measuring the distance reached. The “0” end of the ruler should reach back towards the subject, and the 26 cm (10 ¼ inch) mark should be even with the vertical surface the feet rest against.
4. Caution the subjects to avoid straining themselves, but to reach as far as possible.

Sit and Reach Flexibility Norms for Men (inches)

Age (years)	15 - 19	20 – 29	30 – 39	40 - 49	50 – 59	60 - 69
Excellent	15+	15+	14.6+	13.4+	12.6+	11.8+
Desirable	13 - < 15	13 - < 15	12.6 - < 14.6	11 - < 13.4	10.6 - < 12.6	9.5 - < 11.8
Needs Impr.	9.5 - < 13	9.8 - < 13	9.1 - < 12.6	7.1 - < 11	6.3 - < 10.6	5.9 - < 9.5
Caution	< 9.5	< 9.8	< 9.1	< 7.1	< 6.3	< 5.9

Sit and Reach Flexibility Norms for Women (inches)

Age (years)	15 - 19	20 – 29	30 – 39	40 – 49	50 – 59	60 - 69
Excellent	16.5+	15.7+	15.4+	14.6+	14.6+	13.4+
Desirable	14.6 - < 16.5	14.1 - < 15.7	13.8 - < 15.4	13 - < 14.6	12.6 - < 14.6	11.8 - < 13.4
Needs Impr.	11.4 - < 14.6	11 - < 14.1	10.6 - < 13.8	9.8 - < 13	9.8 - < 12.6	9.1 - < 11.8
Caution	< 11.4	< 11	< 10.6	< 9.8	< 9.8	< 9.1

Sit and reach norms are based on the Canadian standardized test of fitness (3).

References

- 1) ACSM, Guidelines for Exercise Testing and Prescription, 4th Edition, Lea and Febiger, 1991.
- 2) ACSM, Resource Manual for Guidelines for Exercise Testing and Prescription, Lea and Febiger, 1988.
- 3) Government of Canada, Fitness and Amateur Sport, Canadian Standardized Test of Fitness, 1986 Operation Manual.
- 4) David Nieman, Fitness and Sports Medicine, An introduction, Bull Publishing Company, 1990.
- 5) Protocols from the Wellsource Fitness Assessment Manual.

ONE MILE WALK TEST

Test Description

The 1-mile walk is an easy and safe way to determine aerobic capacity using an activity everyone is familiar with – walking. The test subject must walk 1 mile at a constant pace and as quickly as possible. At the end of one mile, a heart rate measurement must be taken and the finish time recorded.

Strengths for this test include:

- Good estimate of aerobic capacity
- Can be administered by non-medical personnel
- No expensive equipment required
- Simple, safe test appropriate for most
- Not too strenuous, good for sedentary people, overweight individuals, and older populations

Required Equipment

- Stop watch to time walk to nearest second and obtain accurate post exercise heart rate
- An accurately measured, flat, 1-mile course or ¼ mile track (4 laps = 1 mile)

Optional Equipment

- Stethoscope and BP equipment for checking heart rate and blood pressure

Test Administration

5. Test subject should be deemed healthy; they should be able to easily complete the mile walk.
6. Participants should be dressed in clothes ready to exercise, preferably exercise shorts or pants, and walking shoes.
7. Instruct participants to:
 - Warm up by walking at a moderate pace for 2 – 5 minutes.
 - When walking, walk at a brisk pace, covering the 1-mile as quickly as possible (walking only, running is not allowed) without strain. Keep pace as constant as possible.
 - Remember the test is not a race. If participants experience any pain or severe shortness of breath or other abnormal signs, they should immediately slow down. However, if symptoms persist, they should stop and seek medical attention if necessary.
 - At the end of the mile, note your finishing time to the closest second and take a resting heart rate. Start taking your pulse within five seconds of completing the walk. Take pulse for 15 seconds and multiply by four. It is a good idea to practice getting your heart rate before the walk begins to ensure you are able to find your pulse. For a more accurate pulse, use a heart rate monitor. This will provide an immediate heart rate reading at the end of the test. Write down results as soon as possible. Use the radial (wrist) or carotid (neck) pulse to find your heart rate. Do not use your thumb to “feel” the pulse.
 - Walk at an easy pace for a few minutes to cool down properly.

Reliability

For information on reliability and calculation of VO2 max, please see your Health Promotion Manager (HPM).

References

1. James Rippe et al, “Walking for Health and Fitness,” JAMA, May 13, 1988.
2. *Med Sci Sports Exer*, 19:253 – 259.
3. Protocols from the Wellsource Fitness Assessment Manual.

PUSH UP TEST

Test Description

This is an easily administered test for upper body strength and endurance. The subject attempts as many consecutive push-ups as he/she can do without stopping to rest. Men do push-ups from the toe, women from the knee.

Required Equipment

Gym mat or suitable flooring

Test Administration

8. Test subject should be screened for shoulder or lower back impairment or pain. Persons suffering back pain or high, uncontrolled blood pressure, should not do this test.
9. Be sure participants are well instructed in the proper technique. Describe and, if needed, demonstrate the correct technique. Participants may want to practice once or twice before beginning the test. Instruct the subjects to:
 - Lie on their stomach on a mat, legs together
 - Hands should be pointed forward, positioned under shoulders
 - Do pushup, keeping back straight, pivoting from toes for men, from knees for women
 - Return to starting position, but only let chin touch the mat (chest and legs should not touch the mat). In the downward phase the chest should be a fist's distance from the mat
 - Do as many push-ups using this technique as possible, without undue strain, and without stopping to rest.
 - There is no time limit. Stop the test when the person is either unable to maintain the proper technique over two consecutive push ups, has to rest even briefly, or shows signs of excessive straining
10. Caution participants to not overstrain or hold their breath, but rather, to breath rhythmically, exhaling on the upward phase, inhaling on the downward phase.

Push Up Norms for Men

Age (years)	15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 69
Excellent	35+	34+	27+	21+	17+	16+
Desirable	27 - < 35	27 - < 34	21 - < 27	16 - < 21	11 - < 17	10 - < 16
Needs Impr.	18 - < 27	17 - < 27	12 - < 21	10 - < 16	7 - < 11	5 - < 10
Caution	< 18	< 17	< 12	< 10	< 7	< 5

Push Up Norms for Women

Age (years)	15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 69
Excellent	31+	26+	24+	22+	17+	15+
Desirable	23 - < 31	20 - < 26	17 - < 24	14 - < 22	10 - < 17	10 - < 15
Needs Impr.	12 - < 23	10 - < 20	8 - < 17	5 - < 14	2 - < 10	2 - < 10
Caution	< 12	< 10	< 8	< 5	< 2	< 2

Pushup norms are based on the Canadian Standardized Test of Fitness (3). Values shown represent the minimum number of push-ups to be in that category. For example, if a 30-year-old woman did eight push ups, she would be rated as "Needs Improvement". Generally, everyone should strive to be in the "Desirable" or "Excellent" categories.

References

- 1) ACSM, Guidelines for Exercise Testing and Prescription, 4th Edition, Lea and Febiger, 1991.
- 2) ACSM, Resource Manual for Guidelines for Exercise Testing and Prescription, Lea and Febiger, 1988.
- 3) Government of Canada, Fitness and Amateur Sport, Canadian Standardized Test of Fitness, 1986 Operation Manual.
- 4) Protocols from the Wellsource Fitness Assessment Manual.

SIT-UP TEST

Test Description

This is an easily administered test for measuring abdominal strength/endurance. The subject does as many bent knee sit-ups as possible in one minute.

Required Equipment

- Gym mat or suitable flooring
- Stop watch or watch with a second hand

Test Administration

11. Test subject should be screened for lower back impairment or pain. Persons suffering back pain or high, uncontrolled blood pressure, should not do this test.
12. Be sure participants are well instructed in the proper technique. Describe and, if needed, demonstrate the correct technique. Participants may want to practice once or twice before beginning the test. Instruct the subjects to:
 - Lie on their back on a mat, knees bent at a 90 degree angle, feet shoulder width apart.
 - Cross arms in front, fingertips on shoulders, elbows pointed toward knees.
 - It is OK to hold the participant's feet if needed. If they cannot do a regular sit-up they should try the alternate test, the abdominal curl-ups.
 - Sit-up by pressing the small of the back to the floor, then curl up, raising the shoulders from the ground. Touch elbows to knees, then return to the lying position.
 - Do as many sit-ups as possible in one minute without undue strain.
 - Avoid jerky movements or hard straining.
13. Caution participants to not overstrain or hold their breath, but rather, to breath rhythmically, exhaling while sitting up, inhaling on the downward phase.

Sit-Up Norms for Men

Age (years)	15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 69
Excellent	46+	41+	34+	30+	25+	21+
Desirable	41 - < 46	36 - < 41	30 - < 34	25 - < 30	21 - < 25	15 - < 21
Needs Impr.	33 - < 41	29 - < 36	22 - < 30	17 - < 25	13 - < 21	7 - < 15
Caution	< 33	< 29	< 22	< 17	< 13	< 7

Sit-Up Norms for Women

Age (years)	15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 69
Excellent	40+	34+	27+	23+	17+	15+
Desirable	35 - < 40	29 - < 34	23 - < 27	18 - < 23	11 - < 17	10 - < 15
Needs Impr.	27 - < 35	21 - < 29	15 - < 23	7 - < 18	3 - < 11	2 - < 10
Caution	< 27	< 21	< 15	< 7	< 3	< 2

Sit-up norms are based on the Canadian Standardized Test of Fitness (3). Values shown represent the minimum number of sit-ups that must be achieved to be in that category. For example, if a 30-year-old woman did 17 sit-ups, she would be rated "Needs Improvement". She would have to do 5 more sit-ups a minute to move into the next category. Generally, everyone should strive to be in the "Desirable" or "Excellent" categories.

References

- 1) ACSM, Guidelines for Exercise Testing and Prescription, 4th Edition, Lea and Febiger, 1991.
- 2) ACSM, Resource Manual for Guidelines for Exercise Testing and Prescription, Lea and Febiger, 1988.
- 3) Government of Canada, Fitness and Amateur Sport, Canadian Standardized Test of Fitness, 1986 Operation Manual.
- 4) Protocols from the Wellsource Fitness Assessment Manual.

1.5 MILE RUN TEST

Test Description

This is an aerobic fitness test designed for young people and runners. The runner covers a distance of 1.5 miles in as short a time as possible without undue strain. Aerobic capacity is determined from total elapsed time.

Strengths

- No expensive equipment
- Participation of several persons concurrently
- Results correlate very closely with VO₂ max treadmill tests and are very accurate in assessing improvement in subsequent follow-up testing.

Precautions

This test is appropriate only for healthy people accustomed to running. The participants should be able to run continuously for 2-3 miles without undue strain before attempting this test.

Required Equipment

- Stop watch to time the run to the nearest second
- An accurately measured, flat, 1.5 mile course or ¼ mile track (6 laps = 1.5 miles)

Test Administration

14. The participants should be in good health and currently used to running (not beginners). Before testing, verify that the pre-test screening items have been completed, i.e. PAR-Q. The tester should have the participant warm-up and cool down after the run.
15. Participants should be dressed in clothes ready to exercise, preferably exercise shorts or pants and running shoes.
16. Instruct participants to:
 - Warm up by walking at a moderate pace for 2 – 5 minutes.
 - Do their best, covering the 1.5 miles quickly but without overexerting themselves.
 - Pace themselves
 - Remember the test is not a race. If participants experience any pain or severe shortness of breath or other abnormal signs, they should immediately ease off. If symptoms persist they should walk, or stop and seek medical attention if necessary.
17. When running on a ¼ mile track, participants should pay attention to how many laps they have completed.
18. At the end of the 1.5-mile run, participants should note their finishing time to the closest second.
6. Participants should walk at an easy pace for a few minutes or for one or more laps to cool down properly.

1.5 Mile Run Norms for Men

Age (years)	15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 69
Excellent	< 8:42	< 9:12	<11:06	< 12:33	<14:00	<18:14
Desirable	8:42 – 9:01	9:12 – 10:50	11:06 – 11:38	12:33 – 13:36	14:00 – 15:19	18:14 – 19:42
Needs Improv.	9:02 – 11:55	10:51 – 13:13	11:39 – 13:59	13:37 – 15:49	15:20 – 17:33	19:43 – 21:27
Caution	>11:55	>13:13	>13:59	>15:49	>17:33	>21:27

1.5 Mile Run Norms for Women

Age (years)	15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 69
Excellent	<12:33	<13:37	< 14:25	<15:50	<18:57	< 22:28
Desirable	12:33 – 13:36	13:37 – 14:24	14:25 – 16:22	15:50 – 17:33	18:57 – 20:32	22:28 – 24:45
Needs Improv.	13:37 – 15:19	14:25 – 16:56	16:23 – 18:56	17:34 – 23:33	20:33 – 25:59	24:46 – 29:16
Caution	> 15:19	>16:56	>18:56	>23:33	>25:59	> 29:16

References

4. ACSM, Guidelines for Exercise Testing and Prescription, 4th Edition, Lea and Febiger, 1991.
5. Aerobic Research Center, Manual for Certification Program.
6. Protocols from the Wellsource Fitness Assessment Manual.

WAIST-to-HIP RATIO

Purpose:

To evaluate the distribution of fat on the body. The higher the waist-to-hip ratio, the greater the risk of certain diseases, such as cardiovascular diseases and non-insulin dependent diabetes.

Required Equipment: Cloth measuring tape

Procedures: It is best to obtain these measurements against bare skin. Therefore, only males should test males, and females test females.

Waist Measurement:

19. Participant should stand very straight with the abdomen relaxed and feet together.
20. The cloth tape measure is placed around the body in a horizontal plane at the level of the natural waist. This should be the narrowest part of the torso. The measurement should not be taken at the level of the umbilicus (navel) – this value would be too great.
21. The measurement should be taken at the end of a normal breath (exhale) and the tape should not compress the skin.
22. Record value to the nearest tenth of an inch.

Hip Measurement:

1. The participant should stand very straight with the abdomen relaxed and the feet together.
2. The cloth measure is placed around the hips in a horizontal plane at the level of the maximum (widest) extension of the buttocks.
3. The tape should not compress the skin.
4. Record the value to the nearest tenth of an inch.

Score:

Risk Level	Men	Women
Low	<.85	<.75
Moderate	.85-.95	.75-.80
High	>.95	>.80

The Waist-to-Hip “High” category risk level scores are based on Canadian Standardized Test of Fitness Guidelines.

References:

1. Canadian Standardized Test of Fitness Guidelines for Waist-to-Hip Ratio.