The MicroFit system is a safe, fun and effective way to evaluate your physical fitness level. You will receive a comprehensive personal profile report which will show how you compare with others of your age and sex. We suggest you schedule a follow-up evaluation in 60 to 90 days so you can see a comparative analysis of your progress.

**IN ORDER TO ASSURE THE MOST ACCURATE RESULTS, PLEASE FOLLOW THESE GUIDELINES:**

1. It is important that you disclose any health or medical problem you may have prior to your MicroFit evaluation. If you are under a physician’s care for heart disease, high blood pressure, back pain or any other serious health problem, you should get clearance from your doctor before participating in this program.

2. Avoid any strenuous exercise within four hours of your evaluation.

3. Avoid eating a heavy meal before your evaluation. A light (low fat) breakfast or lunch up to two hours before is OK.

4. Avoid the use of alcohol, caffeine, tobacco, drugs or medication within four hours of your appointment. Use of any of these substances may significantly distort your cardiovascular results (i.e. heart rate, blood pressure, Vo2 Max).

5. Dress in athletic attire. We recommend a thick t-shirt, shorts and athletic shoes. Avoid tights because they make it difficult to get an accurate skin fold measurement on the mid-thigh which determines your percent body fat.

6. You will receive your personal computerized fitness profile report. Although the MicroFit computer stores your results for future comparisons, please keep your report in a safe place. Your report will help your fitness instructor give you the best advice concerning your diet and exercise program, plus you can keep it for future reference.

We are confident you will enjoy yourself and that your MicroFit profile will provide you with valuable information. We encourage you to make a commitment to the health and fitness life-style and to tell your friends about this exciting new program.

*REVISED OCTOBER 2001*