

Preparing for the Test

To benefit from the fitness program you will need to enter the program at a minimum fitness level. Otherwise you will not be able to attain the level of fitness demanded by the Health and Wellness or Physical Fitness programs.

It is very important that you adequately prepare yourself for this test. You are advised to begin a conditioning program well in advance of taking the test. *It is recommended that you see your personal physician prior to beginning any physical fitness training program.* If you are overweight, you should consider weight loss as part of your conditioning program.

Some general guidelines in starting a physical fitness program include the following:

Start Slowly

Too much too soon is the biggest cause of injury. Have a planned, progressive program. Drink plenty of water.

Equipment

A good pair of running shoes and proper clothing are important.

Exercise

The body is exercise specific. Work on exercises such as jumping, sit-ups, push-ups, and running. Begin slowly and work up to your maximum goal.

Suggested methods to prepare for each event follow the instructions for that event.