

# Fitness Assessments

January 20, March 10 & April 14, 2023

Led by students in Humber's Exercise Science and Lifestyle Management graduate program.

Pre-screening forms sent after booking. All clients receive a report with their results.

## AEROBIC FITNESS TESTING \$20

Approximately 45 minutes

Use a stationary bike, a treadmill or a step to estimate your aerobic fitness. Useful to assess health related fitness, guide exercise and to track progress.

## SUBMAXIMAL METABOLIC (VO<sub>2</sub>) EXERCISE TEST \$75

Approximately 60 minutes

Exercise at a vigorous level using a stationary bike or a treadmill while having your oxygen consumption measured during the test. Beneficial for guiding training intensity and tracking progress of exercise training.

## MAXIMAL METABOLIC (VO<sub>2</sub>) EXERCISE TEST \$75

Approximately 60 minutes

Push yourself to maximum exertion using a stationary bike or a treadmill while having your oxygen consumption measured during the test. Beneficial for athletes or anyone seeking an accurate direct measurement of their aerobic fitness.

## ADD ON BLOOD LACTATE \$50

Add on to SubMax or Max Metabolic Tests

Measure your lactate concentration using a lancet to prick your finger and a hand-held analyzer. Determine appropriate training levels and track improvement.

## RESTING METABOLIC RATE (RESTING VO<sub>2</sub>) \$80

Approximately 45 minutes

Discover your resting metabolic rate by laying still and breathing into a mouthpiece connected to a metabolic cart. Useful for determining calorie expenditure.

## WINGATE TEST (30-SECOND ANAEROBIC POWER TEST) \$25

Approximately 20 minutes

Measure your power output during a 30-second maximal effort test performed on a Monark cycle ergometer (stationary bike). Beneficial for athletes requiring explosive power in their sport (e.g. jumping, sprinting, etc.).

## BODPOD

ADD-ON \$15 | STAND-ALONE \$20

Approximately 10 minutes

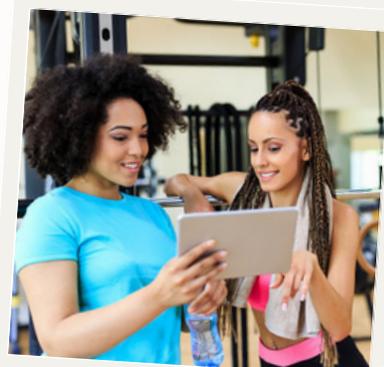
Determine your body composition (fat and fat-free mass). A full test requires about 10 minutes, and provides highly accurate, safe, comfortable, and fast test results.

## COMPREHENSIVE FITNESS ASSESSMENT

NO METABOLIC CART \$120 | WITH METABOLIC CART \$150

Approximately 75 minutes

A package of tests used to assess: aerobic fitness (predicted based on exercise heart rate), strength, flexibility and body composition. This package includes either a bike or treadmill test, grip strength, sit and reach (flexibility), BodPod, height, weight, and blood pressure. Beneficial to set a base line or check your progress.



**HUMBER**

Centre for Innovation  
in Health & Wellness  
Centres of Innovation Network

Book your test: [Fitness Assessments](#)

For more information: [CHL@Humber.ca](mailto:CHL@Humber.ca)