



Welcome to St. Louis City Fitness!

At your first meeting with one of our trainers, your trainer will review your health history form and typically perform a fitness assessment. Your fitness assessment has several components, and will give us an idea of your level of cardiovascular fitness, flexibility, and muscular strength in several key areas. Obtaining this information, along with your health history, will help us create the best exercise program for *you*.

There are a few simple steps you can take to get the very best results from your fitness assessment:

- (1) [Please dress appropriately for light exercise.](#) You'll need comfortable clothes and athletic shoes. In addition, we'll need access to your upper right arm, upper back, and abdomen, so please wear clothing which will allow this. A sports bra works well for women, although we can work around a tee shirt, if you prefer.
- (2) [Please refrain from any caffeine for 4 hours before your fitness assessment.](#) Caffeine is a stimulant, and can raise your heart rate. It can also cause mild dehydration, which can affect your body composition estimates.
- (3) [Please refrain from over-the-counter medicines before your fitness assessment.](#) Many such medicines can affect the results of your fitness assessment.
- (4) [Find your Resting Heart Rate before your first appointment.](#) [Click here](#) to go to the resting heart rate page. Please read the explanation of resting heart rate, and follow the instructions provided. Bring the results with you.
- (5) [Bring your completed Health History and Fitness Assessment Release forms](#) with you. We *must* have these forms in hand to proceed with your fitness assessment.