

The Community Health and Fitness Assessment Program



We use state of the art equipment to offer high-quality, low-cost health and fitness testing

Tests are available to children (12-17 years old) and adults (18-80 years old)

You may use the test results to check improvements over time or share them with professionals that can help you achieve your goals

A lab visit includes the following four assessments:

1. Body Composition - measures the amount of fat, muscle, and bone tissue in your body.
2. Blood Pressure and Arterial Stiffness - provides information on the health of your arteries (consult a health care provider to receive interpretations).
3. Gait and Balance - measures the efficiency of your walking and assesses your risk of falling.
4. Metabolic - measures your aerobic fitness (VO₂max), identifies your training zones, calculates the number of calories your body uses at rest.

The fee for the above four assessments is \$50. Additional tests of lactate during exercise (\$30), electrocardiogram (\$5), lipid panel (\$15), hydration (\$5) are available upon request.

For additional information, visit our website using the QR Code or visit

<https://hes.appstate.edu/research/exercise-physiology-laboratory>

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