

Butte-Silver Bow Fire Department Exercise Testing will begin:

C Shift – Friday, March 13th 2014 at 9:00am

D Shift – Wednesday, March 18th 2014 at 9:00

A Shift – Thursday, March 19th at 9:00

B Shift – Friday, March 20th at 9:00

Please have appropriate clothing for your shift's testing day (athletic wear and shoes). Eat a light meal and hydrate prior to testing. These tests are for baseline and follow up data. Wellness committee members will maintain a high level of integrity when it comes to data collected; individuals will be numbered during fitness evaluation.

Evidence clearly shows the numerous health benefits that result from regular participation in physical activity and structured exercise programs including enhancement of aerobic capacity, muscular strength, muscular endurance, and flexibility. The health related components of physical fitness, are characterized by an ability to perform daily activities with vigor, and are associated with a low prevalence of chronic disease and health conditions. Measures of health related physicals are closely related with disease prevention and health promotion and can be modified through regular participation in structured exercise programs.

Measurement of physical fitness is a common and appropriate practice in preventive and rehabilitative programs. The purpose of health/fitness testing in such exercise programs includes the following:

- Educate the participant about their present health/fitness level relative to health related standards and age and sex matched norms.
- Provides data that is helpful in development of individual exercise prescriptions to address all health/fitness components.
- Collect baseline and follow-up data that allows evaluation of progress for the exercise program participant.
- Motivating participant by establishing reasonable and attainable health/fitness goal.

The exercise testing procedure that each member of the Butte-Silver Bow Fire Department will complete is based on the guidelines for health related physical fitness testing from the **American College of Sports Medicine (ACSM)**. ACSM is the largest sports medicine and exercise science organization in the world. With more than 45,000 members and certified professionals worldwide, ACSM is dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

Newly Negotiated Agreement: Simple Stress Test – Age 40 to 50 every three years based on a normal baseline test.

TESTS TO BE ADMINISTERED FOR DATA COLLECTION IS LISTED BELOW FOR YOU CONVIENENCE

If you have any questions, contact Brian Doherty at 560-7027.