Exercise Clinic Fitness Assessment Options

< 60 years of Age

Exercise Clinic Fitness Assessment

Fitness Assessment measurements:
1. Height/Weight
2. Girth measures
3. Body Fat
4. Cardiovascular fitness
5. Muscular strength & endurance
6. Flexibility
7. Balance

Testing Frequency & Results:
1. Assessed biannually
2. Results discussed within two days

60-64 years of Age

Exercise Clinic Fitness Assessment

Fitness Assessment measurements:
1. Height/Weight
2. Girth measures
3. Cardiovascular fitness
4. Dynamic balance and agility
5. Muscular strength & endurance
6. Flexibility
7. Balance

Testing Frequency & Results:
1. Assessed biannually
2. Results discussed same day

≥ 65 years of Age

PAAS Forker Epidemiology Lab

Fitness Assessment measurements:
1. Full-body DEXA scan (bone mineral density and body fat)
2. Body shape, posture and balance
3. Cardiovascular function
4. Blood lipids and glucose
5. Diet, Physical activity, Fitness & Function
6. Sleep Quality and Quantity
7. Cognition, mental health & dementia screening

Testing Frequency & Results:
1. Assessed annually
2. Results emailed within seven days

For more details Visit: https://research.hs.iastate.edu/paas/

*All assessments will be completed in the Forker Building