



**Human Performance Research Laboratory
Solano Hall, Room 2022
Department of Kinesiology and Health Sciences
California State University, Sacramento
6000 J Street
Sacramento, CA 95819-6073
(916)278-4495**

RE: Appointment for Cardiovascular Fitness and Health Evaluation
Date_____ Time_____

Dear _____,

You have an appointment for a cardiovascular fitness and health evaluation scheduled at SHAPE. 4 hours prior to testing, you will need to refrain from food, alcohol, tobacco, and caffeine. It is also recommended that you drink plenty of fluids 24 hours prior to testing, get an adequate amount of sleep the night before the test, and avoid strenuous exercise or physical activity the day before your appointment. Plan to bring loose fitting exercise clothes (shorts, short sleeved shirt, & shoes) and towel. It also advisable for women to wear a sports or jog bra for the exercise test.

For the blood panel, it is recommended that the blood draw be performed on separate day due to the requirement of a 12-hour fast. The blood draw is performed at the blood chemistry laboratory at the Health Center on the CSUS campus. Please visit the Health Center Laboratory - Room 128 (open from 8-5pm). After you enter the main doors proceed to your right. Do not check in at the front desk on your left!

The following tests will be performed: 1)blood panel; 2)body composition; and 3) exercise test with electrocardiogram & blood pressure measurement.

Please plan to stay for approximately 2 hours. We look forward to optimizing your cardiovascular fitness and health. If you have any questions feel free to contact Assistant Professor Roberto Quintana, PhD at 278-4495.