Exercise Program Creation Preparation Guidelines

In order to assure that you are adequately prepared for your appointment, please review the following guidelines. Your scheduled appointment will take place on the assumption that you have followed these recommendations.

1. Wear loose fitting clothes (jogging attire, shorts, training shoes, etc.)
2. Avoid eating or drinking for 3 hours before your appointment.
3. Avoid alcohol, tobacco, and coffee for at least 3 hours before your appointment.
4. Avoid exercising on the same day as your appointment and avoid rigorous exercise for at least 24 hours before your appointment.
5. Try to get a good night’s sleep the night before your appointment.
6. Please inform a member of staff if you are suffering from any acute respiratory infection or related condition.

Your Exercise Program Creation appointment will consist of time spent reviewing and performing your exercise program within an RIT Fitness Center.

Please complete all online questionnaires when scheduling your appointment. We look forward to working with you!

Best,

The Fitness Lab Team