



Holy Cross Centre – 2nd floor, 2210 – 2nd St SW

For both days:

- Make sure to wear clothes suitable for activity—running shoes, sweat pants and a short sleeved shirt. Please eat a light meal 2 hours prior to your appointment.
- **Refrain from CAFFEINE & CIGARETTES FOR 2 HOURS and EXERCISE & ALCOHOL FOR 6 HOURS prior to your appointment.**

DAY 1 TESTING

PRESCREENING & ANTHROPOMETRIC MEASURES

- Staff will first ask you to complete a PAR Q+ and consent form and ask you questions about your health and activity level. They will then take your resting blood pressure and heart rate in addition to height, weight, waist and hip circumference.

DXA SCAN

- This scan is very low energy scan similar to what you would be exposed to on an international flight.
- You will be asked to remove your shoes, glasses and any other metal jewelry. They will also ask you questions related to the scan.
- You will then lie down for approximately 6 minutes while you are scanned.

FITNESS MEASURES

- Staff will administer a selection of tests including abdominal endurance, grip strength, and flexibility.

BRUCE TREADMILL TEST

- During this test you will walk on a treadmill at differing grades for 3 minute stages. You can continue this test until you no longer feel comfortable proceeding to the next stage or until the staff tell you the test has finished.
- Afterwards you will do a short cool down which involves walking slowly and then sitting quietly.

QUESTIONNAIRES

- You will be provided with a package of 4 questionnaires that include baseline health, diet, general health and physical activity. They will take approximately 3 hours to complete. Please make sure to check them over for missed questions and return to staff at your DAY 2 testing.

ACCELEROMETERS

- You will be given 2 activity monitors that you will wear on your waist and thigh for 7 days continuously. You will only remove monitors when swimming, bathing and when you go to sleep at night. Once the recording period is finished you will return these monitors to study staff at your next testing appointment.

End of DAY 1 Testing – Approximately 2.0 hours

DAY 2 TESTING

LYMPHEDEMA MEASURES

- Staff will administer a selection of tests including arm volume, shoulder range of motion, sensation and balance.

MUSCULAR STRENGTH & ENDURANCE MEASURES

- You will be asked to complete strength and endurance tests on chest press and leg press machines.

End of DAY 2 Testing – Approximately 2.0 hours