

Pre-participation Instructions: *wellness*

Blood Screening: Measures total cholesterol, HDL, LDL, triglycerides, and blood glucose.

Wellness Package: Heart rate, blood pressure, Body Mass Index, body fat distribution (waist-to-hip ratio), blood screening for total cholesterol, HDL, LDL, triglycerides, and blood glucose.

These instructions are intended for individuals participating in one of the above testing services.

- 1. Participants are required to refrain from food, alcohol, caffeine and tobacco products for the 12 hours before testing. (Water is okay.)**
- 2. Drink ample water over the 24-hour period preceding the test to ensure normal hydration before testing.**
- 3. Participants should avoid exercising before the test on the day of the test.**
- 4. Clothing should permit freedom of movement. We recommend that participants wear loose fitting shorts and either a t-shirt or tank top layered underneath warmer clothes. Females are encouraged to wear sports bras.**
- 5. Any questions about the testing procedures are encouraged.**

Thank you!