**Welcome**

The Exercise Science (ES) Club is hosting three assessment days that allows community members, faculty, and students to participate in numerous fitness tests. This event will act as a fundraiser for the club in addition to providing valuable information to the community at large regarding their health status. Participants can choose which tests they would like and find out about their body composition, risk for osteoporosis, and risk of high blood pressure.

**Dates**:

* Monday, October 12th from 5-7 pm
* Wednesday, October 14th from 4:30-6:30 pm
* Saturday, October 17th from 9-11 am

**Location**:   
Winona State University - Maxwell Hall Room 355175 W Mark St, Winona, MN 55987  
at the corners of 7th Street and Johnson Street

**Where to park**:

On the streets around 7th street and Johnson

**What to do when you arrive:**

1. Enter into Maxwell Hall
2. Someone will greet you and bring you upstairs to rooms 355 and 376
3. There you will sign in and choose what tests you would like to complete

**Payments:**

We accept checks made out to Winona State University- Exercise Science Club OR cash

Following are instructions for each test, please read them carefully so you know what to expect and thank you! We look forward to working with you soon!

**Skinfolds**

Thank you for your interest in completing skinfolds for body fat testing!

This test will include pinching the fat under your skin three separate times. A student will use a washable marker and mark each site on the right side of your body. Then they will use a caliper to pinch the skin. Males will be pinched at the chest, abdomen, and thigh. Females will be pinched at the triceps (back of the arm), suprailiac (above the hip, near the “love handle”), and thigh.

To get the best results we suggest the following:

1. Wear clothes that can easily be moved so we can get to the site
   1. Males: shorts and t-shirt (the t-shirt will be removed so we can properly reach the chest and abdomen skinfolds)
   2. Females: shorts and a short-sleeved t-shirt (the t-shirt will need to be lifted so we can reach the hip

**Underwater weighing**

Thank you for your interest in completing an underwater weighing test!

The test will include measuring your height and weight. You will then take a quick shower to rinse off before entering the water tank. Once in the tank, you will be asked to rub off some air bubbles and then sit or kneel on a platform. The purpose is to get your weight underwater. So it is very similar to getting your weight on a scale before the test, but now you will be under water. To get the most accurate measurements, you will need to exhale all of your air (air will make you float in the water, which will be counted as fat instead of muscle). You will complete a few trials until we have 3 consistent measurements.

To get the best results we suggest the following:

1. Do not eat for 4 hours before your test (drinking some water is OK)
2. Do not exercise vigorously for 4-6 hours before your test
3. Wear minimal, tight-fitting clothing
   1. Males: compression shorts or biking shorts
   2. Females: swimsuit (the less ruffles, beads, etc. the better) or sports bra and spandex
   3. All jewelry will be taken off
4. Bring a towel
5. Bring a change of clothes for after the test

**Heel densitometer**

Thank you for your interest in completing a heel densitometer test!

This test will include taking off your sock and putting your heel in a machine. You do not feel anything and the test will last less than 1 minute. This test will give you an idea about your risk for osteoporosis.

**Blood Pressure**

Thank you for your interest in completing a blood pressure test!

This test will include rolling up the sleeve of your shirt and placing a blood pressure cuff above the elbow. The cuff will tighten for a few seconds while a trained student takes the reading. This test will take less than one minute and will give you an idea about your risk for hypertension.