

SmartFIT_{LLC}

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Assessment Terms & Definitions

Body Composition- A body composition test tells you the percentage of fat that your body is made up. This is an important measuring tool for gauging your exercise program's effectiveness. As you exercise, your lean muscle mass should be increasing while your excess body fat should be decreasing.

Resting Metabolic Rate- Resting Metabolic Rate (RMR) is a measure of the number of calories that your body burns in a day while at rest. If contemplating going on a "diet," this is a test that you should seriously consider. Your body needs to consume a certain number of calories in order to maintain its everyday functions. If you are not feeding your body the appropriate number of calories, your body will think that it is starving and will hang onto every morsel of food that you put into your mouth. Your body is unique so why follow a diet or a calorie chart that was not made for you!

VO2 Analysis- A VO2 test is a measure of the amount of oxygen that your body consumes during exercise. This test reveals the exercise intensity level where your body is the most efficient. If your goal is to lose weight then you want to be burning fat as your main source of energy. A VO2 test will tell you at what heart rate your muscles are getting enough oxygen to be burning fat. Most individuals have been exercising too hard! A VO2 test is also a great indicator of the efficiency of your heart and lungs. As you exercise your heart and lungs should become stronger and more efficient. A VO2 test is the perfect way to make sure that you are doing the most for your heart and lungs!

Strength Analysis- A Strength Analysis is the best way for you to isolate the strength of the muscles in your upper and lower body. A standardized bench press test does not tell you how strong your triceps are, nor does a squat test tell you how strong your hamstrings are. It is important to have a comprehensive look at the strength of each group of muscles when designing a weight training protocol. Ladies, do not be afraid of weight training. Lifting weights does not mean that you are going to become a body builder. It does mean that you can increase your RMR because the more muscle mass you have, the more energy it takes to maintain your body at rest, and therefore, the more calories that you can eat!

Flexibility Analysis- Flexibility is just as important as the number of calories that you burn in a day, or the efficiency of your heart and lungs, or the strength of the muscles in your body. If you do not stretch, your muscles will undergo a process called "Adaptive Shortening." Adaptive shortening causes muscles to shorten, decreasing your range of motion. Have you ever wondered why it is harder to stand up as you get older? It is caused by a combination of decreased strength in your quadriceps muscles as well as adaptive shortening of your hip flexors. Stretching takes less than 15 minutes per day but adds years to your life when you look at your ability to move freely and your quality of life.

Exercise Prescription- An Exercise Prescription is an exercise program based on the results of your Body Composition, RMR, VO2 Analysis, Strength Analysis, and your Flexibility Analysis. It provides you with the appropriate intensity levels for exercise, the recommended frequency of exercise, as well as the time or distances required to meet your goals.