



ADELPHI UNIVERSITY

Garden City • New York • 11530

SCHOOL OF EDUCATION
ADULT FITNESS PROGRAM

tel. (516) 877-4270

fax (516) 877-4258

Dear Prospective Member:

If you are interested in joining the Adult Fitness Program, please make an appointment for a Fitness Evaluation by calling (516) 877-4279 between 9:00 am and 4:00 pm.

To optimize the results of your fitness evaluation, please do not eat, drink alcoholic or caffeinated beverages, or smoke 2 hours prior to testing. Water and decaffeinated beverages may be consumed. Take all medications as prescribed by your physician.

You will be exercising during your fitness evaluation, so please wear loose, comfortable workout clothes as well as sneakers. At the time of your evaluation you **MUST HAVE:**

- Physician's Clearance Form
- Health/Medical Questionnaire
- Cardiovascular Risk Profile
- Payment in full

Make check payable to: **ADELPHI UNIVERSITY**

The fitness evaluation will take approximately one hour to complete. At this time, an appointment will be scheduled for presentation of results, as well as your individualized exercise prescription.

Sincerely,
The Adult Fitness Staff