

## Aerobic Fitness Test

*Through an aerobic fitness test (bicycle), the employee gets individual feedback on his/her own fitness level that he may influence himself. In addition, the employee gets specific advice on how he/she can work on improving the fitness level.*

An aerobic fitness test at Aker Care can be an easy and useful tool in creating motivation for change in exercise habits. The test will be increasingly effective if carried out before the start of the training period and again after 6 months of exercise. It is also possible to do a test halfway through a training period.

- This is not a maximum performance test, but a submaximal test that looks at heart rate at a given load/pace.
- Duration is 6 minutes - gradually increasing resistance to moderate intensity.
- Individual feedback and brief guidance in relation to the test results by the Aker Care staff after completion of the test.
- Increased body temperature is expected, so a t-shirt or similar is recommended

**Place:** The tests are performed at the Aker Care centres

**Price:** 350, - NOK per test

**Duration:** 20 minutes per test including brief guidance

