



School of Kinesiology & Nutritional Science

INTRODUCING EAGLE *LIFT*

Thank you for your interest in the **Lifestyle Integrative Fitness Testing (LIFT) Program** at Cal State LA. The tests are useful for helping you achieve your weight loss and performance goals. Testing will occur in our Exercise Physiology lab located in ASCL 140. You have the opportunity undergo three tests as part of the LIFT program:

1. **Body Composition Assessment (via underwater weighing or DXA)**: This test is the gold standard for determination of body fat percentage and your amount of lean (muscle) mass. Included is a discussion of healthy body composition. \$50-\$100
2. **Maximal aerobic capacity (VO₂max)**: This test will provide a measurement of your body's maximum rate of oxygen consumption. You will exercise until exhaustion by running on a treadmill, pedaling a stationary bicycle or swimming in a swimming flume. Included is a discussion of how the test results can be used to achieve your performance goals. \$100
3. **Resting Metabolic Rate (RMR)**: This test will provide information about the amount of calories your body requires at rest. Your expired breath will be analyzed while you lie on your back for 10-15 minutes. Bring clothes that are warm and comfortable. We will discuss the test results in relation to your weight management goals. \$50

Please bring the following items to the test:

- Swimsuit & towel
- Exercise attire for running, bicycling or swimming
- Water bottle and any food you'd like to eat before or after the tests

Please avoid the following before the tests:

- Vigorous exercise for 24 hours prior to the test
- Large meals the morning of the test
- Caffeine for 12 hours prior to the test
- Alcohol for 24 hours prior to the test

Discounts for Cal State LA faculty/staff/students are available. We can accept only checks (no cash or credit/debit cards). Please make checks to: ***Cal State LA - Kinesiology***. The fees for the LIFT program will be used to purchase testing supplies and invest in new equipment that will expand the breadth of services offered by the LIFT program and in our teaching labs.

Please contact Dr. George Crocker (gcrocke@calstatela.edu; 323-343-4667) for more information about the LIFT program or to schedule an appointment.