

Dear Health 2011 participant,

You have been randomly selected to take part in the Health 2011 Survey's health-related fitness test. Please find attached the separate information sheet about the Health 2011 Survey. The instructions below concern specifically your preparation for the fitness test.

During the appointment, your physical condition will be measured with fast and easy fitness tests. These tests have been chosen in a way that they are suitable for all participants. You will receive feedback on your test results immediately after the appointment. You will also be sent a summary about your physical activity after you have mailed the physical activity meter, given to you during the tests, to the UKK Institute.

Participating in the tests does not demand any special skills, nor do they require maximal physical effort. The safety of the tests and the reliability of the results will improve if you follow the preparation instructions below:

- Avoid untypical, severe physical exertion for 48 hours prior to the examination.
- If possible, avoid physical strain on the day of the examination.
- Do not consume alcohol for 24 hours prior to the examination.
- A good night's sleep prior to the examination is beneficial.
- Avoid eating a heavy meal for at least 3-5 hours before the examination.
- Do not smoke or drink coffee, tea or soft drinks containing stimulants for an hour prior to the fitness test.

Bring along suitable equipment:

- sturdy indoor shoes (no slippers) or good walking shoes (no heels) or training shoes
- short-legged training pants (shorts) or similar light sportswear and a t-shirt or equivalent

Best regards,
Health 2011 Survey / Sport and Exercise