

## EVALUATING RUNNER'S RISK PLUS

19,500/-

Covering everything in the 'Evaluating Runner's Risk' Package, this package provides additional cardiovascular screening.

It includes:

1. Blood Tests:
  - a. Total Cholesterol
  - b. Triglycerides
  - c. High Density Lipoprotein
  - d. Low Density Lipoprotein
  - e. Glycosylated Haemoglobin (HbA1c)
  - f. Fasting Blood Sugar
  - g. Complete Blood Count
  - h. Creatinine
2. Cardiac CT with Contrast
3. 2D Echocardiography
4. Treadmill Stress Test
5. Musculoskeletal Screening
6. Muscle Endurance Testing
7. Muscle Strength Testing
8. Nutrition Consultation

6-7 HOURS INCLUDING REST PERIODS



# FITNESS TESTING

*If you do not measure it,  
you cannot manage it*



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### Our Accreditations



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Sir H. N.  
**Reliance**  
Foundation Hospital

Respect for Life  
सम्मान जिंदगी का



Fitness testing at the Sports Medicine department of Sir H. N. Reliance Foundation Hospital caters to this requirement. We have an array of services, ably supported by the latest equipment and enhanced with knowledge of a comprehensive Sports Medicine team of professionals.

## WHY DO A FITNESS TEST?

- To objectively know your fitness status
- To collect data to prescribe meaningful exercise interventions to meet your goals
- To know the baseline to measure progress against
- As a motivational tool
- As an educational tool
- Components of fitness have been shown to be associated with health benefits and a deficiency in them may be a potential health risk identifier



## WHO CAN DO IT?

Whether you are an elite athlete, a recreational runner or someone looking to start an exercise routine, we have the fitness test to suit your need. We provide a variety of testing packages listed below. If you would like any other component assessed besides those mentioned below, we will be happy to advise on the same.

### COMPREHENSIVE FITNESS TESTING

3000/-

This test is primarily meant for those who want to know their basic fitness level. It could be a good starting point before starting an exercise program or for the purpose of designing a basic exercise program to achieve general health and fitness and not aimed at any particular sport.

It includes:

1. Musculoskeletal Screening
2. Muscle Endurance Testing
3. Muscle Strength Testing
4. Cardiovascular Endurance Testing (Estimated VO<sub>2</sub>max)

1.5 HOURS INCLUDING REST PERIODS

### RUNNER'S PACKAGE

6150/-

This test battery is specifically designed for runners to identify their sports science requirements using the best available equipment.

It includes:

1. Musculoskeletal Screening
2. Muscle Endurance Testing
3. Muscle Strength Testing
4. Cardiovascular Endurance Testing (Actual VO<sub>2</sub>max test)
5. Nutrition Consultation

2.5 HOURS INCLUDING REST PERIODS

### SPORTS PERFORMANCE TESTING

6500/-

As an active person, be it recreational or elite you may want to know more objective data to meet your fitness or performance goals than the basic information. This test package caters to this need.

It includes:

1. Posturography Evaluation
2. Musculoskeletal Screening
3. Muscle Endurance Testing
4. Muscle Strength Testing
5. Isokinetic Dynamometry
6. Cardiovascular Endurance Testing (Estimated VO<sub>2</sub>max)

4 HOURS INCLUDING REST PERIODS

### SPORTS PERFORMANCE PLUS TESTING

10,500/-

Covering everything offered in 'Sports Performance Testing' package, this package especially caters to those who would want detailed cardiovascular endurance assessed in addition to other fitness parameters.

It includes:

1. Posturography Evaluation
2. Musculoskeletal Screening
3. Muscle Endurance Testing
4. Muscle Strength Testing
5. Isokinetic Dynamometry
6. Cardiovascular Endurance Testing (Actual VO<sub>2</sub>max Test)
7. Nutrition Consultation

6 HOURS INCLUDING REST PERIODS

### EVALUATING RUNNER'S RISK

7750/-

Although endurance exercise is known to be beneficial on the cardiovascular system, it is important to have health screening done at regular intervals to assess the risk status. This test profiles the metabolic and cardiovascular system in addition to a physical fitness screening.

It includes:

1. Blood Tests:
  - a. Total Cholesterol
  - b. Triglycerides
  - c. High Density Lipoprotein
  - d. Low Density Lipoprotein
  - e. Glycosylated Haemoglobin (HbA1c)
  - f. Fasting Blood Sugar
  - g. Complete Blood Count
2. 2D Echocardiography
3. Treadmill Stress Test
4. Musculoskeletal Screening
5. Muscle Endurance Testing
6. Muscle Strength Testing

6 HOURS INCLUDING REST PERIODS