

Assessment Day

12 hours prior to the SLS Assessment?

Do not consume stimulants which includes products containing caffeine such as coffee, tea, energy drinks, or sodas.

Avoid all tobacco products and alcohol.

Avoid any high intensity or cardiovascular exercise to include heavy lifting which could impact performance on the assessment.

Bring water and/or a snack with you as needed. You will be advised when you can consume these items.

Continue to take your prescription medications, specifically blood pressure meds, as directed.

On the morning of your appointment report to SLS Room 920 and check in at the front desk. You will start the round robin style assessment that will consist of:

Station 1: Body Composition: Students will stand barefoot on the Inbody 770 for a body fat analysis. The student's weight will be broken down into muscle, fat, and water.

Station 2: Program Provider: Our Provider team will assess vital signs and interpret lab results.

Station 3: Behavioral Resiliency: Students will meet with an Occupational Therapist to discuss the Resiliency Survey completed prior.

Station 4: Performance Testing: Students will meet with the Health Educator or Physical Therapist in our multipurpose room. This will be the longest portion of the appointment. At this station you will complete:

1. 3 Minute Resting Heart Rate
2. cardiorespiratory fitness testing
3. Isometric Thigh Pull
4. Arm Swing Jump
5. No Arm Swing Jump
6. Ballistic Push Up
7. 1 Rep Max Bench Press

Station 5: Nutrition Care: Students will meet with a Registered Dietitian to discuss individual nutrition recommendations. The dietitian will also discuss blood work from a nutrition standpoint.

Station 6: Health Education: Students will meet with a Health Educator for assessment results. Students will be provided with a copy of their out brief as well as any educational handouts pertinent to their assessment results. Health educators will assist in scheduling recommended follow up care.

Station 7: Check out: Any follow up appointment(s) recommended by the provider or health education will be scheduled at this time at the front desk.

If you have any questions or concerns, then please don't hesitate to contact the SLS team at (915) 742-8013. We look forward to helping you optimize your health!