

FITNESS ASSESSMENT

Attention fitness professionals

- This form is to confirm that the AIA Vitality member has completed a fitness assessment on the date below.
- **Only current fitness professionals or other appropriately qualified and accredited health professionals at Virgin Active, Fitness First, and Goodlife gyms, or at a Corporate Wellness Day may complete this form, and they must be independent from the AIA Vitality member and their immediate family.**

FITNESS ASSESSMENT DETAILS

AIA Vitality Member number

Fitness professional name

Member name

Date

FITNESS ASSESSMENT

UP TO
1,500
POINTS

VO₂ max

OR

Recovery heart rate

You will earn 750 points for getting your VO₂ max or recovery heart rate measured, and another 750 points if your fitness results are within healthy range.

EARN ADDITIONAL POINTS

UP TO
3,500
POINTS

Body composition

Height

Waist circ

Blood pressure

Weight

BMI

If you have already earned the maximum points for body composition and blood pressure through the AIA Vitality Health Check, then you will not earn them again in this instance.

Fitness assessment result for VO₂ max or recovery heart rate (up to 1,500 points twice per membership year): The three minute step test and run/walk test provide indirect measures of a person's aerobic capacity. This is the capacity of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles for a sustained period. These tests are valid and reliable predictors of fitness through the determination of changes in cardiopulmonary fitness following exercise.

Body composition (up to 1,750 points once per membership year): Body composition is used to describe the percentages of fat, bone, water, and muscle in the body. It's important to measure this as it lets one know the risk of developing obesity-related diseases such as high blood pressure, diabetes, and even some cancers. Body Mass Index (BMI) is generally a good indicator of whether we are under or over weight, however, for some people, including pregnant women and body builders, a combination of BMI and waist circumference is more accurate.

Blood pressure (up to 1,750 points once per membership year): Blood pressure is the force of blood pushing against the artery walls. It's affected by how hard the heart pumps, the amount of blood in the body, and the diameter of the blood vessels. When blood pressure is high, it means that the heart is having to work harder to pump blood around the body. High blood pressure doesn't often give early warning signs, but it increases the risk for coronary heart disease and other forms of heart disease, stroke, and kidney failure.

DECLARATIONS

.....
Fitness professional's signature

.....
Gym name, location, and branch code (where applicable)

.....
Member's signature

.....
Gym contact number (where applicable)

RESULTS CAPTURE AND UPLOAD

Take AIA Vitality wherever you go

Submit via the AIA Vitality app: Input the results above and a photo of this form through the AIA Vitality Fitness Assessment section of the app to earn points.

Any questions about the AIA Vitality Fitness Assessment please do not hesitate to contact us.

*As an AIA Vitality member, by signing and submitting the above, I confirm that I have read and consent to the collection, use, handling and disclosure of my personal information in the manner described in the Privacy Policy each of AIA Australia Ltd, AIA Vitality Company Limited and Discovery located at aia.com.au/en/individual/index/privacy-policy.html (AIAA) and discovery.co.za/portal/individual/terms-and-conditions (Discovery) and agree that these documents may be updated from time to time, and that any personal information AIA Australia and/or Discovery hold will be governed by that entity's most current Privacy Policy. I understand that in addition to the purposes set out in these privacy policies that my personal information may be used and I may be contacted by AIA Australia Ltd for the purposes of verifying the information on this form.