



Friday, November 14, 2003

## Test your fitness level through free program

By **Jeff Samoray**, *OU Web Writer*

Those interested in evaluating their level of fitness and cardiovascular health have a great opportunity to test themselves and see how they compare with the general population during the Cardiovascular Health and Fitness Challenge. This free event is open to all OU students, faculty and staff and is Thursday, Nov. 20, from 10 a.m.-2 p.m. and 6-8 p.m. at the **Recreation and Athletics Center**.

Students and faculty from OU's **Wellness, Health Promotion and Injury Prevention program** (WHP) will be conducting 12-minute walk/run tests to determine each participant's VO2 max, or the maximum amount of oxygen used in a minute. This is a predictive test, not a measurement, and is the best available indicator of a person's ability to do physical work involving the heart, lungs and vascular system. Students and faculty from OU's **School of Nursing** also will be conducting blood pressure tests. Data sheets will be provided and water bottles will be given to the first 150 participants. Participants should wear workout clothes (shorts, T-shirts and comfortable shoes).

"The test is a comparison against yourself, not a competition with others," said Stafford Rorke, associate professor of health sciences and WHP director. "Everyone can participate regardless of fitness level or athletic ability. The test is entirely personal and the results can help you strive toward achieving personal health.

"It really helps to know your cardiovascular fitness because it's directly associated with quality of life and life expectancy. The project also gives our students the opportunity to organize and conduct the tests as well as evaluate the data and give results."

The program is sponsored by the **WHP program** and the WHP Student Society in collaboration with the **School of Nursing, Exercise Science program, Graham Health Center, Recreation and Athletics Center** and OU's employee wellness program "**Building a Better U**."

For more information on the Cardiovascular Health and Fitness Challenge, contact Stafford Rorke at (248) 370-3544 or [rorke@oakland.edu](mailto:rorke@oakland.edu) or Lucy VanDePutte at (248) 364-8191 or [levandep@oakland.edu](mailto:levandep@oakland.edu).

### SUMMARY

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Created by CareTech Administrator ([webservices@caretechsolutions.com](mailto:webservices@caretechsolutions.com)) on Friday, November 14, 2003  
Modified by CareTech Administrator ([webservices@caretechsolutions.com](mailto:webservices@caretechsolutions.com)) on Friday, November 14, 2003  
Article Start Date: Friday, November 14, 2003