



Week 2:

The Wisconsin AD Exercise

Newsletter



Hi everyone!

Before beginning this exercise journey, we'd like to suggest doing a baseline assessment of your fitness. This will give you an idea of your starting point and help you identify strengths and areas for improvement in your fitness. Later in the program, you can measure your progress by repeating these assessments.

Please be sure you feel comfortable with these assessments before engaging. Consult with your primary care provider if you have concerns about your health or safety during these assessments. Note that there is a risk of a fall or injury with any of these activities.

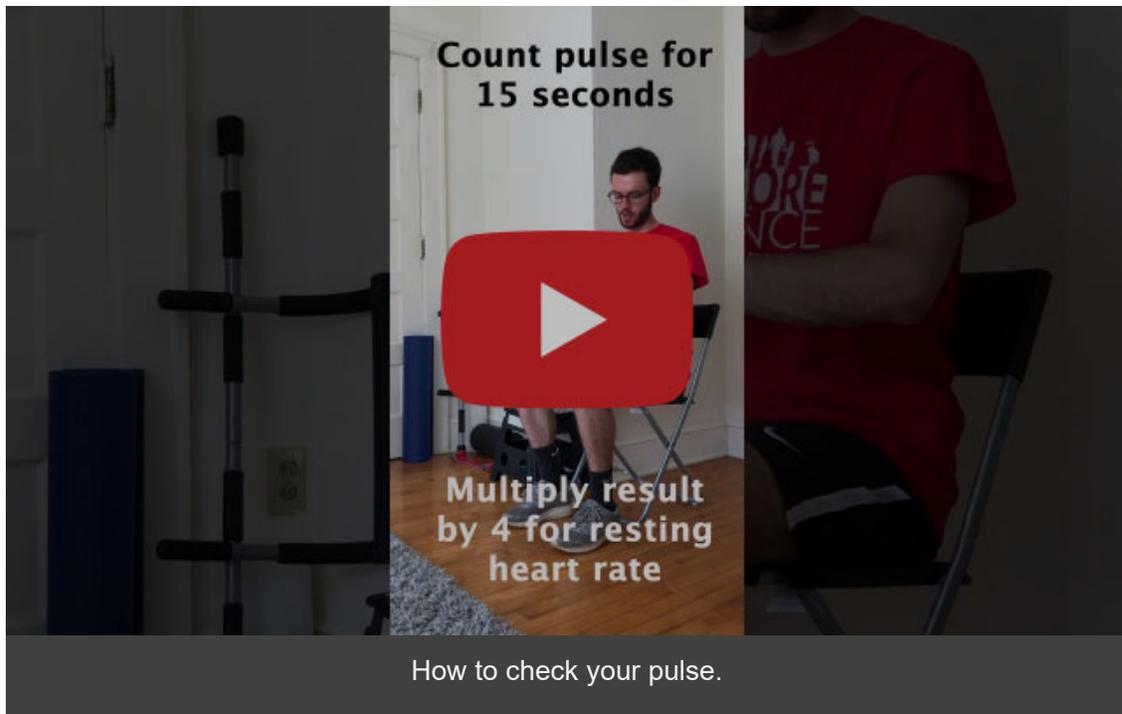
Sincerely,

Camille Conway, Max Gaitán, Sarah Lose, and Dr. Nathaniel Chin

1. Getting Started

Let's begin by checking your **resting heart rate**. A resting heart rate is found by sitting or lying down for at least 5 minutes. It can also be taken just after waking up, *before* getting out of bed. It is not advised to determine your resting heart rate within several hours of exercising or consuming caffeine or alcohol.

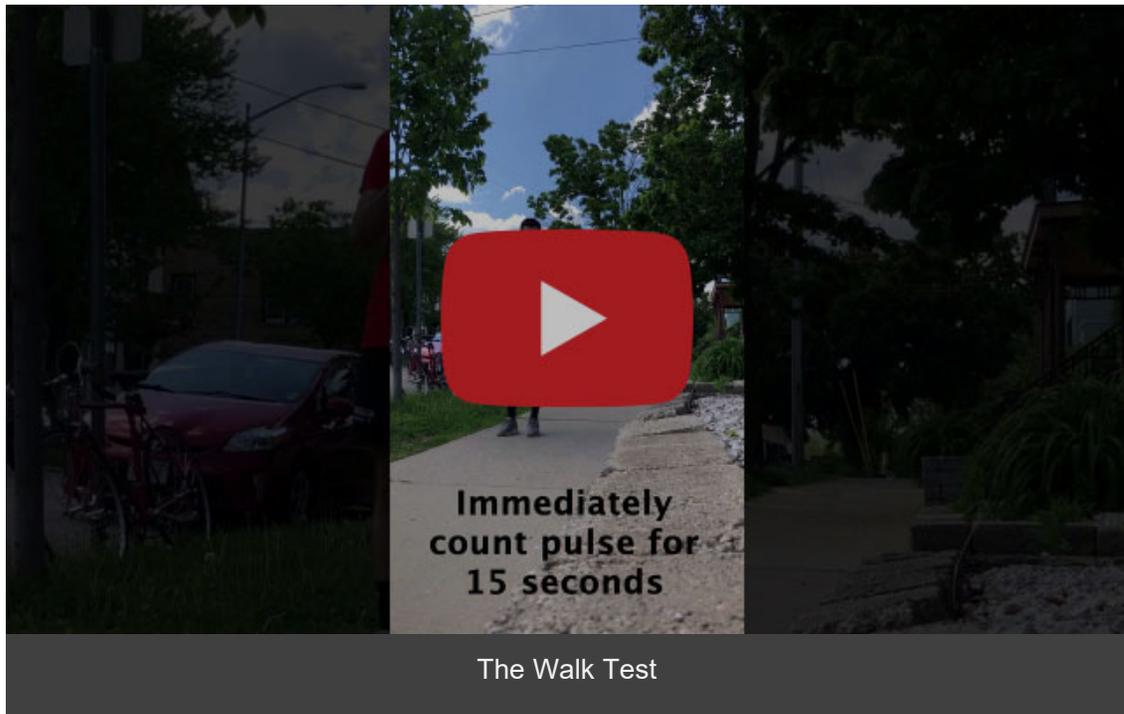
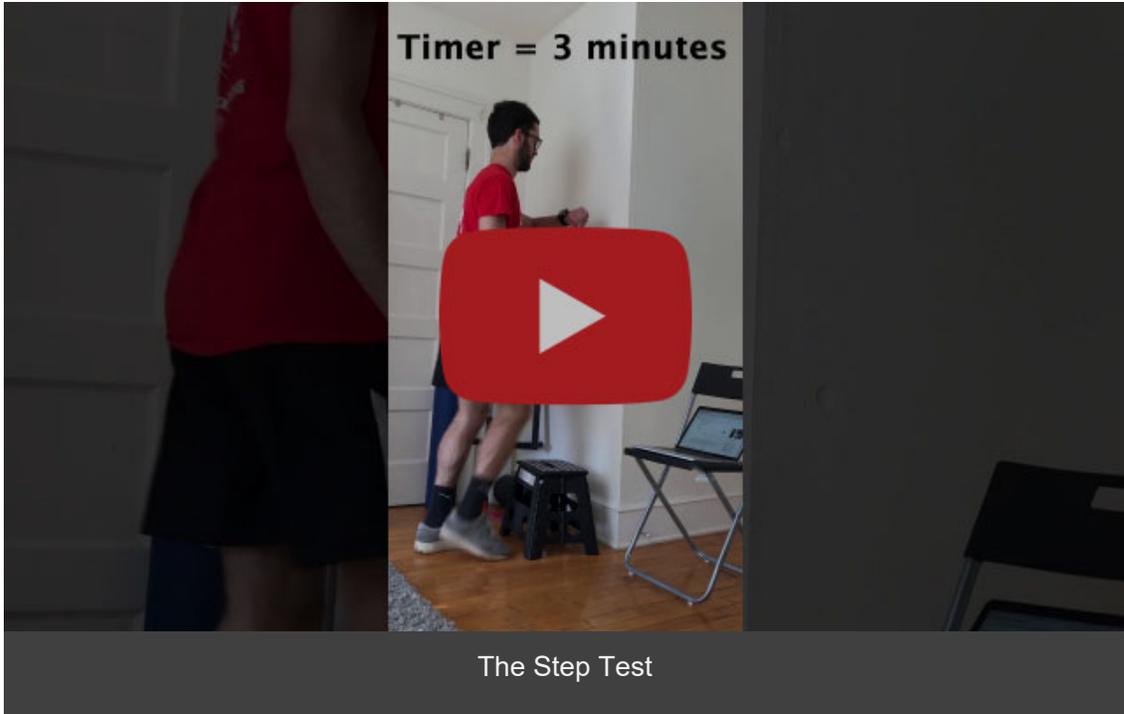
Written [instructions](#) for steps 1 - 3 are also available.

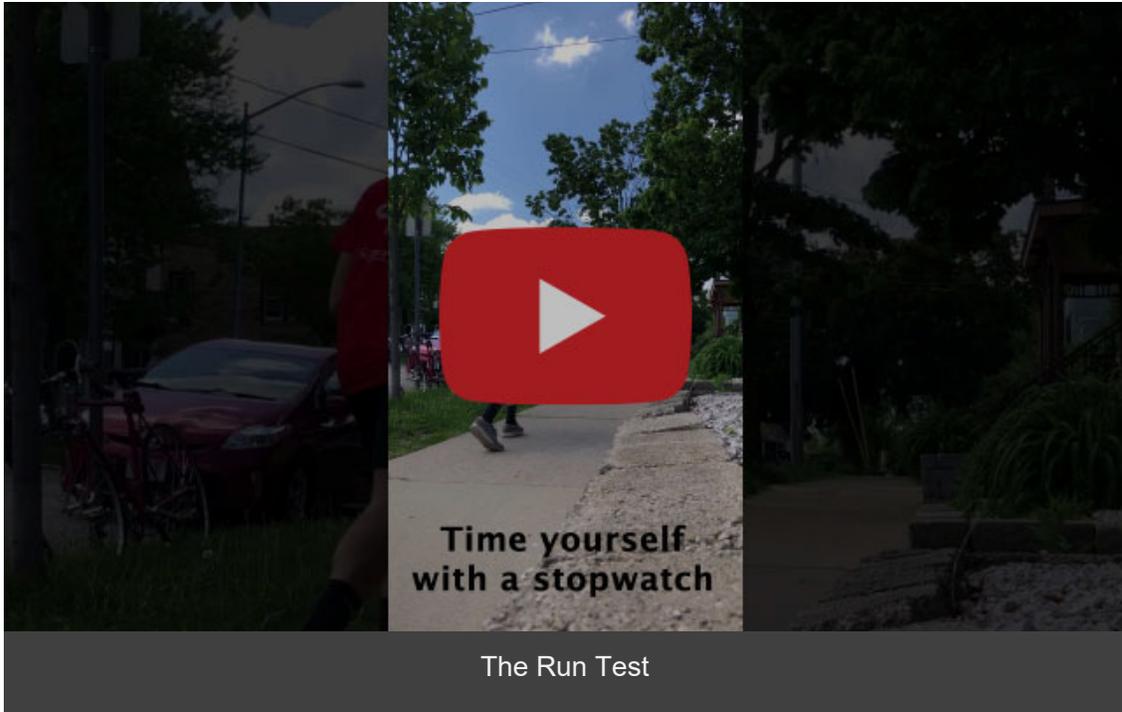


2. Assessing Aerobic Fitness

There are three options to choose from to assess your **aerobic fitness** level:

- The Step Test (completed in your home)
- The Walk Test (completed outside if you are accustomed to walking for leisure/exercise)
- The Run Test (completed outside if you exercise regularly and can safely run)





3. Assessing Muscular Fitness

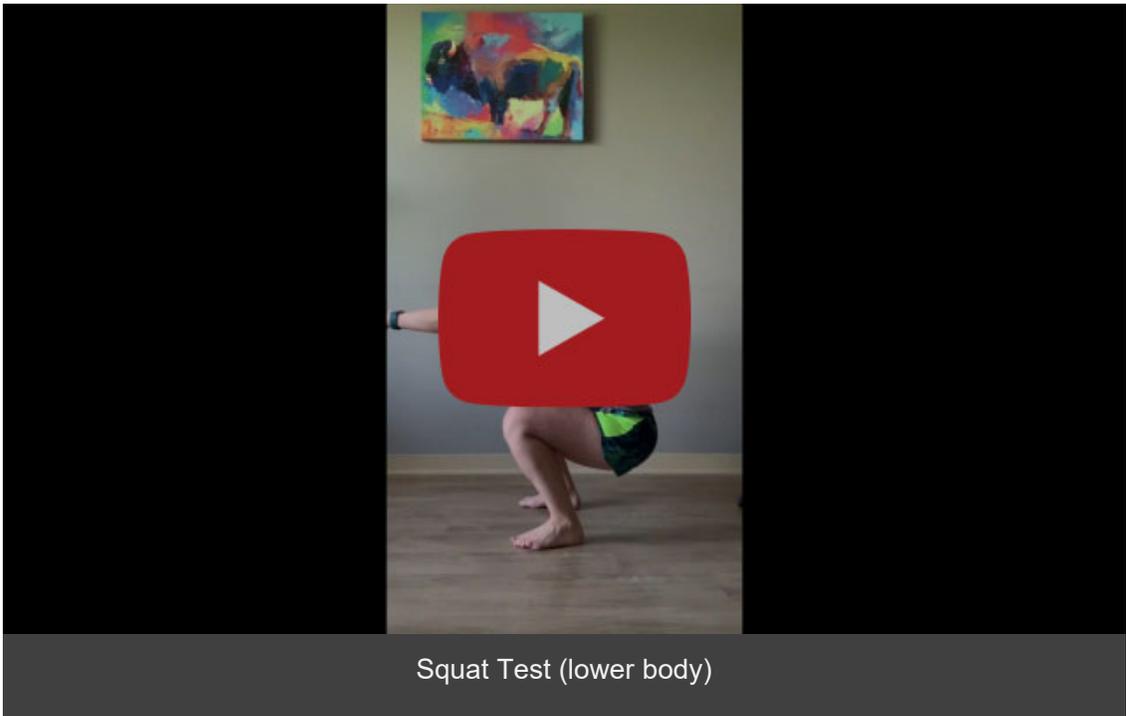
Muscular fitness is comprised of muscular strength and muscular endurance. Muscular strength is the ability to exert a maximal amount of force for a short period of time, whereas muscular endurance is the ability to repeat a series of muscular contractions without fatiguing.

Tests you can complete at home focus on muscular endurance. This week we have three simple at-home tests with video instructions that you can complete to get a general assessment of your muscular endurance. Each test focuses on a different muscle group.

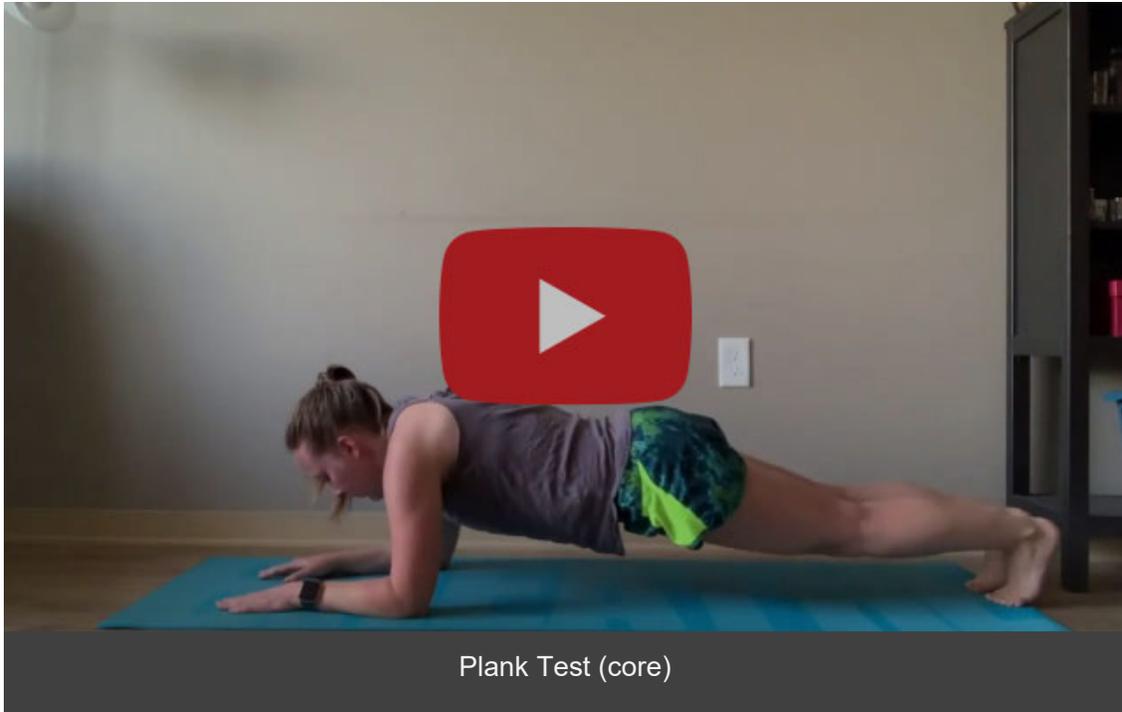
- Push Up Test (upper body)
- Squat Test (lower body)
- Plank Test (core)



Push Up Test (upper body)



Squat Test (lower body)



To estimate your aerobic fitness level and to find out where your results fall in relation to the general population, check out the [Fitness Assessment Estimator](#).

Congratulations!

We'll revisit these assessments in 12 weeks to measure your exercise journey progress!

Thank you for filling out the survey! Tune in next week for our first full newsletter where we'll answer your requests by discussing mental health and muscle soreness!