

## **FIT TEST PROCEDURE**

1. Normal breathing. In a normal standing position, without talking, breathe normally.
2. Deep breathing. In a normal standing position, breathe slowly and deeply, taking caution not to hyperventilate.
3. Turning head side to side. Standing in place, turn head from side to side between the extreme positions on each side. The head shall be held at each extreme momentarily inhale at each side.
4. Moving head up and down. Standing in place, slowly move head up and down. Inhale in the up position. (when looking toward the ceiling)
5. Talking. Read the rainbow passage loudly and slowly.
6. Bending over. Bend at the waist as if to touch toes. Jogging in place may be substituted if bending is too awkward.
7. Normal Breathing. In a normal standing position, without talking, breathe normally.

Each exercise is done for one minute.