

INFORMATION ON HOW TO TAKE A SPORTMED 1-HOUR WALKING SELF-TEST AS A FIELD TEST.

This guide contains interesting information for optimal preparation for the SportMed 1 hour Walking Self-test, which is available in your app and which you can take via your smartphone or tablet as a so-called field test, as well as how to interpret the result.

THE TWO OBJECTIVES OF THIS 'TEST'

This test can be used for two purposes.

SPORTMED 1H WALKING TEST AS AN ORIENTATION TOOL FOR YOUR CHOICE OF THE APPROPRIATE SPORTMED PROGRAM

If you are unsure which SportMed program would suit you best, taking this test can help you make the right choice. Here is the SportMed recommendation:

- You were not yet able to walk for an hour without having to stop on the way (out of breath, the legs didn't want to go with you anymore, ...)
 - Opt for a 'FITT for WALKING' program
- Have you covered less than 4.5 km in one hour?
 - Opt for a 'FITT for WALKING' program
- You covered between 4.5 and 6.0 km in one hour? Then the following programs fit your current physical level:
 - FITT for HIKING (Goal is 6 km)
 - FITT for BRISK-WALKING (Goal is 7,5 km)
 - FITT for VITALITY (The sky is the limit)
- You have covered more than 6 km in one hour? Then we propose one of the following SportMed programs:
 - FITT for BRISK-WALKING (Goal is 7,5 km)
 - FITT for VITALITY (The sky is the limit)

It will already be clear that when you have covered more than 7.5 km that you are ready to take on a sportier challenge.

SPORTMED 1H WALKING TEST AS AN EVALUATION TOOL AT THE END OF YOUR SPORTMED PROGRAM

By periodically taking the SportMed 1-hour walking test, you (and of course also your SportMed Cardio-trainer) can determine your physical evolution. Traditionally, at the end of a 12-week cycle (except at FITT for VITALITY, because we do a different type of exercise test there) you do the SportMed 1h walking test as your last workout. The result teaches you again which can be the next step in your journey towards optimal physical fitness.

SHORT DESCRIPTION OF THE TEST

As the name suggests, you go for a walk for one hour and you register this via the app. You try to adjust your walking speed so that it is comfortable enough and you don't get short of breath. But beware! It is NOT a competition. When you notice that it is appropriate (shortness of breath, legs don't want to go with you anymore, ...) don't hesitate to take one or more breaks so that you don't 'force' yourself!

PRACTICAL MATTERS

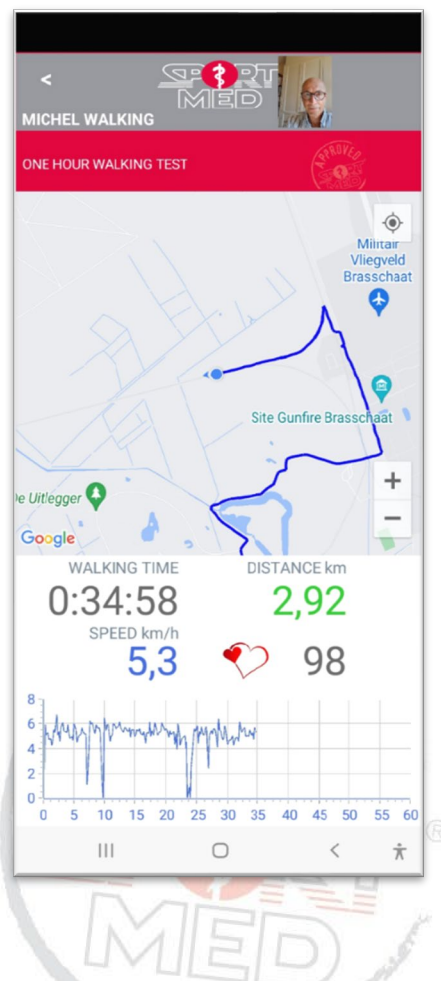
Test settings

You are free to choose the test environment. You can take it for a walk outdoors or you can go for a walk on a track/trail nearby. Preferably, if this is an option, choose a route that is as flat as possible.

Attributes

Your chest strap/heart rate transmitter (only with the heart rate tracking option)

If you also choose to record your heart rate during the test – this is very interesting for your SportMed Cardio trainer – you will need a chest strap/heart rate transmitter that has Bluetooth technology.



The SportMed chest straps of the LST type are of course compatible with the app, but there are certainly other chest straps on the market that you can use for the test.

Schoes

For your own safety, wear good walking shoes and make sure the laces are properly tied!

Outfit

Wear comfortable clothing – possibly sportswear (shorts/jogging/..., T-shirt) so that you can walk comfortably.

The test in practice

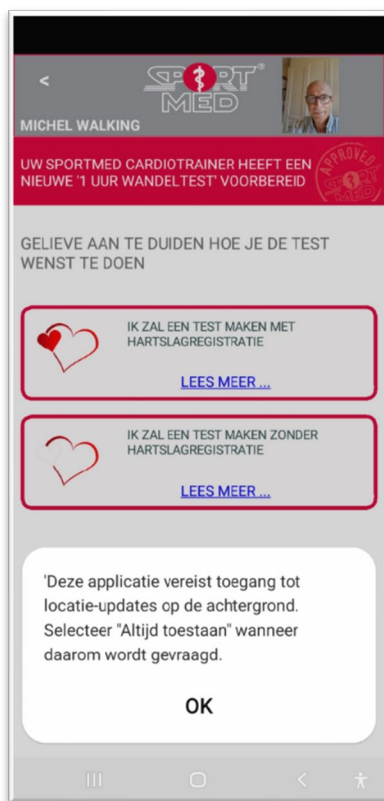
Launching the app

Do this while your smartphone or tablet is still connected to the internet! Personal data must be retrieved.

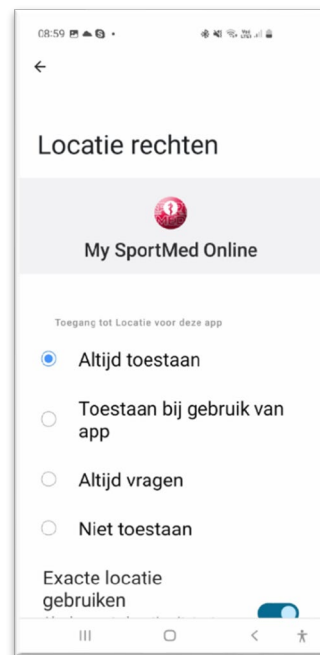
You can start the test (see below) later.



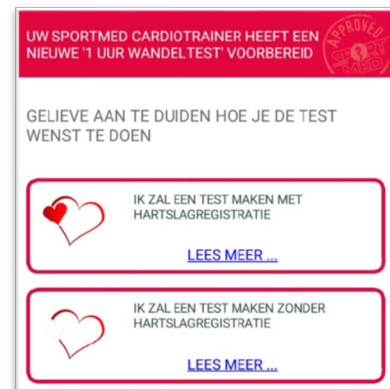
You may receive the following message when you take a 1h walking test for the first time:



Choose 'OK' and then choose 'Always allow'



- Select the right test option (with heart rate recording or without)



And then go through the various 'safety' screens.

- *Start heart rate recording (only with the first option!)*
 - *If you have already paired a chest strap, the app will automatically search for it when you tap on the heart in the screen below (you can also choose to pair a different strap)*
 - *If you haven't paired a chest strap yet, the app will help you pair it (and will continue to do so in the future)*



- As you prepare for your test, complete the test conditions. This is interesting additional information for your SportMed Cardio trainer.

From here, you don't need to connect to the internet anymore

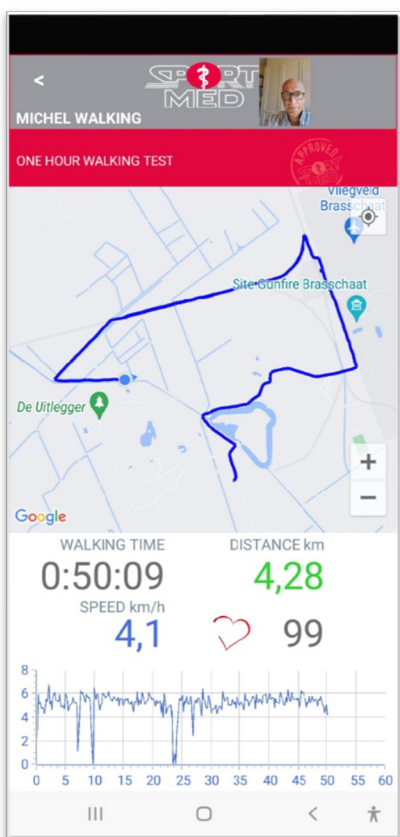
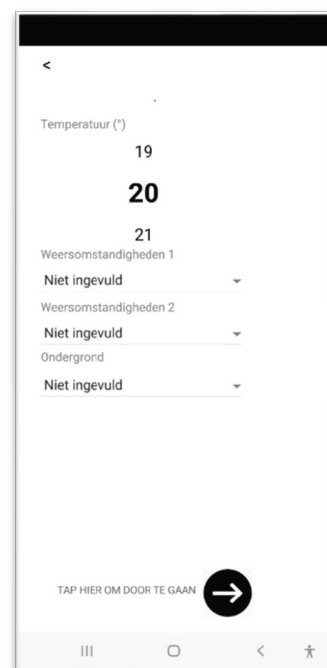
- When you are ready/at your 'starting location', you can start the test by choosing 'GO'.
- A ringer gives you the start.

Feedback during the test

On your screen, the map of the location where you are will appear and you can follow the route taken.

In numbers, you can see:

- Time
- Current speed in km/h (Please note, this is based on geolocation and not always 100% accurate. However, the end result is because we use algorithms to calculate the correct average speed)
- Distance traveled
- *Current heart rate*



Aborting the test

If, for some reason, you want to abort the test, tap the 'back' arrow at the top left.

The following screen appears:

- Select 'Continue with the test (It was a mistake)' when you weren't supposed to
- Choose 'Stop the test' if you want to abort the test. Please note! Nothing will be saved! (you can restart the test, but be careful when you are in an offline environment because your app will not be able to update)



End of the test

When the hour is over, you will be alerted to this by an end-tune and the data will be saved

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