

# Informed Consent for Participation in Y Be Fit

## Explanation of the Tests

The Y Be Fit program includes several assessments. The cardiorespiratory endurance test is performed on a treadmill and will be either a submaximal jogging or submaximal walking test depending on your fitness level. You may stop the test at any time for whatever reasons. This test estimates your functional (aerobic) capacity. The "Bod Pod" will measure your body composition. This procedure requires you to sit in a body-sized capsule with your hands in your lap. During the test you relax and breathe normally. This test provides an accurate assessment of your body composition within 2-4% of actual. For muscle fitness, you will perform a plank test, a squat test, and a push-up test, thus assessing core, lower body, and upper body strength, respectively. A shoulder test and a sit-and-reach test will evaluate flexibility. Your permission to perform these exercise tests is voluntary. You are free to deny consent or stop the tests at any point, if you so desire.

The Y Be Fit program includes a blood lipid profile (Total, LDL, HDL cholesterol, and triglycerides). Glucose can also be assessed for an additional fee. **All other blood tests are unauthorized and will not be paid for by Y Be Fit.** The blood draw will be administered by certified lab technicians at Timpanogos Regional Hospital (750 West 800 North Orem, UT). The Hospital will send the results to Y Be Fit. Y Be Fit will provide you with your blood test results.

## Risks and Discomforts

During the cardiorespiratory endurance test, certain changes may occur. These changes include abnormal blood pressure, fainting, irregularities in heartbeat, and in rare instances heart attack or stroke. Every effort will be made to minimize these risks by evaluation of preliminary information relating to your health and fitness and by observations during testing.

You may experience some discomfort while in the "Bod Pod", especially if you are fearful of small-enclosed areas. The capsule you sit in has a window to let light in and to allow you to see out. The administrator of the test will be in sight during the entire test. In the bottom left-hand corner of the seat is a red panic button if you feel uncomfortable at any time during the test. The door will be shut for 45 seconds for each reading; there are two or three readings taken. You will sit with your hands in your lap and try to relax and breathe normally. During the test you will hear two popping noises; these are normal and are part of the test.

There is a slight possibility of pulling a muscle or spraining a ligament during the muscle fitness and flexibility testing. In addition, you may experience muscle soreness 24 to 48 hours after testing.

## Responsibilities of the Participant

Information you possess about your health status or previous experiences of unusual feelings with physical effort may affect the safety and value of your exercise tests. Your prompt reporting of feelings with effort during the exercise test are of great importance. You are responsible to fully disclose such information to the testing staff.

## Expected Benefits from Testing

The results of these tests inform you of your present level of physical fitness and how you compare to others of your same gender and age group. It also allows the prescription of a safe and effective exercise program for you. The information based on the observations made during the exercise testing sessions will be treated as privileged and confidential; however, it may be used for a statistical or scientific purpose with your right of privacy retained.

## Attendance Policy

Y Be Fit requires participants to give 24 hours' notice prior to the scheduled appointment for cancellation or rescheduling. If the participant does not comply with this policy, the appointment will be forfeited. More than three missed appointments will result in program termination and loss of DMBA reimbursement. The 12 follow-up appointments are intended to be completed in 3 months. Participants may extend this period only in the case of extended travel. Telephone follow-up visits are permitted when scheduled in advance. Participants are responsible for the scheduling of regular appointments. Participants must complete the Y Be Fit program within six months of the first appointment. Failure to do so will result in forfeiture of all remaining appointments.

## Refund Policy

Y Be Fit will refund the cost of participation for students and community members if you cancel before the initial testing and have not completed the blood tests. Faculty and staff with DMBA insurance are not eligible for a refund at any time. Please be sure you are committed to beginning the program BEFORE you pay.

**I have read this form and I understand the testing procedures that I will perform. I consent to participate by these terms.**

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date

Start Date \_\_\_\_\_

Finish Date \_\_\_\_\_

## Frequently Asked Questions

### **Q: What can I expect to get out of Y Be Fit?**

A: Y Be Fit seeks to facilitate the adoption of healthy behaviors. We accomplish this through education and accountability. Y Be Fit Health Coaches will help you understand the results of your health assessments. They will also help you make realistic goals to improve your health and fitness levels. The health coaches can provide education on a variety of general health topics, provide encouragement through weekly accountability, and help problem solve behaviors that are difficult to change.

### **Q: What does Y Be Fit expect from me?**

A: Y Be Fit expects clients to have a genuine interest in and feel personally responsible for their health. The more motivated individuals are to make health behavior changes, the more likely they are to succeed. Additionally, Y Be Fit expects clients to finish the program in a timely manner by attending weekly consultations. From start to finish, clients are expected to take about 4 months to finish the program. The program must be completed within 6 months.

### **Q: Are Y Be Fit staff professional health coaches?**

A: The Y Be Fit staff is comprised of graduate and undergraduate students majoring in health-related fields. In addition to helping clients reach their lifestyle goals, one of the main purposes of Y Be Fit is to provide students with health coaching opportunities which allow them to apply the knowledge they are gaining from their academic coursework. Some of the health coaches are certified health educators and/or certified personal trainers. The experience they get working at Y Be Fit is a critical part of their education. The Y Be Fit staff work hard to provide clients with quality service. They meet weekly to further their training and discuss how to better serve their clients. The health coaches do not replace a physician and may refer you to physicians, dietitians, or other professionals for additional advice and care that is beyond the scope of their training and education.

### **Q: How does the cost of participating in the Y Be Fit program compare to similar services elsewhere?**

A: The components of the Y Be Fit program, especially the health assessments, would cost hundreds, if not thousands of dollars in a hospital or medical setting. Y Be Fit is not designed to make a profit. The money Y Be Fit makes is simply used to pay the bills and keep the program running.

## **Explanation of BYU Wellness Challenges**

BYU Wellness offers 6 challenges each year. Completion of Y Be Fit fulfills the requirements for 2 of these 6 challenges (the 2 that coincide most closely with the time that you are enrolled in Y Be Fit). Throughout your participation in Y Be Fit, you are welcome to participate simultaneously in the BYU challenges, but you will not receive double credit nor can your participation in Y Be Fit apply to future challenges. If you choose to participate in Y Be Fit, and see it through to completion you may by-pass the 2 challenges that align most closely with the 4 month period you are enrolled in the program. You will want to pay attention to the challenge start dates to make sure you don't miss out on points because your Y Be Fit ending date didn't coincide exactly with the next challenge start date.

Lastly, if your participation in Y Be Fit runs over to the next calendar year, your participation counts toward the first two challenges of the new year, not the previous year.

If you have questions, please contact BYU Wellness at 801-422-5011.