



Uniformed Public Services

Preparing for your Fitness Tests

To ensure you get the best out of your Public Service fitness test on 30 Jun 15, here are a few tips to help you.

You must bring:

- Running shoes (skate boarding shoes are not acceptable)
- A light weight T-shirt
- Shorts or tracksuit bottoms
- Sport socks
- Plenty of water for rehydration
- **Wash Kit** (Towel/Shower gel etc)ⁱ



Diet

The day before the fitness test you should ensure you eat healthy food such as:

- High carbohydrate foods; pasta, potatoes, rice and bread are good choices. These foods allow energy to be released into the body slowly so you have a constant supply of energy.
- Protein (fish, meat and soya are the best choices). Eating protein will allow the body to get the best out of the fitness test and help you build and improve your muscle endurance.
- Drinks (isotonic drinks or water). It is best to stay clear of fizzy drinks for at least two days before your fitness test. Energy drinks are **NOT** allowed on the day due to the effect they can have on the heart. They are also banned from the Academy site and will be confiscated.

ⁱ **Unlike KS3 & KS4 children, all public service students are required to shower after a PE lesson. Squirting deodorant (e.g. a 'man shower') is not acceptable!**