



FitnessAge Services, Inc
1930 Village Center Circle
Suite 3-315
Las Vegas, NV 89134

To Whom It May Concern:

I am the Department Chair of Exercise Physiology and Leisure Science here at Adams State College. We are a liberal arts institution located in the southern Rocky Mountains of Colorado.

All of our students here at Adams State are required to successfully complete a general education course taught by our department. This class is called, "Issues in Wellness." We offer 12 sections a year averaging 50 students and enrollment is comprised mostly of freshmen. The focus of this course is on individual wellness.

Several years ago we were able to construct a human performance laboratory. In this facility we wanted to add a fitness testing program that would provide our students with the opportunity to evaluate their level of fitness. We investigated several systems and discovered that most provided a Likert score ranging from "poor to excellent." It was our opinion that this type of evaluation provided little useful information to college students. In addition this final score did not give an incentive to make a lifestyle change. Eventually our search led us to Fitness Age.

We piloted the Fitness Age assessment in 1999. During this initial exposure all of the feedback from our students was positive and this has not changed since implementation. Fitness Age is fast, it is easy to administer and the final score (their Fitness Age) provides the subject with empirical data by which they can relate. A higher Fitness Age than their chronological age is a motivator to take action. A lower Fitness Age than chronological age reinforces a healthful lifestyle.

Many changes have taken place since we have installed Fitness Age in our lab. We are invited to participate in area health fairs to administer Fitness Age assessments. We now have a database resulting from hundreds of Fitness Age tests that we can access to research the general health and fitness of our students. And, we have seen our students make positive changes in their Fitness Age during the course of a semester.

In summation, I would encourage other colleges and universities to consider making Fitness Age available to their students. I believe their results will be as rewarding as they have been for Adams State College. Please contact me if I can be of further assistance.

Sincerely,

Dr. Jeff Geiser
Dept. Chair of EPLS