



WELLNESS ASSESSMENT SOFTWARE & TESTING EQUIPMENT

HealthWizard Version 5.4.7

December 5, 2014

Major New Features

1. MicroFit announces our new MicroFit Treadmill which is controlled by the Fitness Profile software. The software automatically increases the treadmill speed and grade according to the selected protocol while it continually monitors your clients exercise heart rate.
2. Added the Gerkin and WFI treadmill protocols.
3. Added new 'MicroFit Sedentary' protocol to the MicroFit aerobic treadmill protocol list.
4. Can now record the one minute recovery heart rate for all aerobic protocols.

Fitness Profile

New Feature: MicroFit Treadmill

This rugged treadmill connects to your computer and is controlled by the Fitness Profile software. Speed and grade are automatically increased while your client's heart rate is continually monitored and displayed on screen. The MicroFit Treadmill is colored white and blue to match the other MicroFit FAS-2 testing equipment. It has a top speed of 12 mph and a top grade of 15%. Note: due to this grade limit, the Bruce and Balke protocols cannot be run to their final stages. For clients who have above average aerobic fitness you should use the MicroFit, WFI, or Gerkin treadmill protocols.

New Feature: Gerkin Treadmill protocol.

This treadmill protocol is often used to test the aerobic fitness of active military, firefighters, and other safety personnel. This is a vigorous protocol that requires running at speeds of 4.5 to 8.0 mph at grades of 0% to 14%.

New Feature: WFI Treadmill protocol.

This protocol was adopted by the International Association of Firefighters as their aerobic fitness assessment test. This treadmill protocol uses the same speed/grade stages as the Gerkin protocol but has a different method of calculating the aerobic fitness score (VO₂max).

New Feature: Aerobic 1 Minute Recovery HR test.

For all aerobic fitness test protocols – treadmill, bike, step and field tests - you can now save the 1 minute recovery heart rate and print this data on the Fitness Profile report. This feature is set up in Edit Fitness Profile Format so some formats can include recovery HR while others can exclude it. The recovery HR can also be added to a QuickTest.

New Feature: New MicroFit Treadmill protocol.

A new standard MicroFit Treadmill protocol with the name MicroFit Sedentary has been added. This low intensity protocol uses walking speeds of 2.5 mph and 3.0 mph with grade starting at 5% and increasing to 15%. This protocol can be used for people with below average fitness.

Update: Modified Balke treadmill protocol has been updated.

The Modified Balke treadmill protocol was updated to be consistent with the version found in the American College of Sports Medicine Guidelines for Exercise Testing and Prescription 9th Edition. Speed has been increased from 2.0 mph to 3.0 mph for stages 2-6. Grade has been lowered to 0%, 2.5%, 5.0%, 7.5%, and 10.0% for these same 5 stages. Stages 7-11 have the same speed and grade as before.

Update: Removed activity question from aerobic fitness test.

The question regarding a client's activity level presented at the beginning of the aerobic fitness test has been removed from all but the Astrand Bike and USAF Bike testing protocols. This information was not needed for the other protocols.

New Feature: Bruce Treadmill protocol starting grade is saved.

The starting grade you select for the Bruce Treadmill protocol will now be remembered and automatically selected the next time you use the protocol. In previous versions, the default starting grade was always 10%.

New Feature: Height is saved in the USAF Bike and WFI Treadmill protocols.

The USAF Bike and WFI Treadmill aerobic fitness protocols require height to calculate the VO₂max score. If the client's height has never been entered, the program will prompt you to enter height before starting the test and will now save this height. In previous versions, the height was not being saved when entered this way.

New Feature: Display change of work rate message during RoboBike testing.

In previous versions, when testing with the MicroFit RoboBike, there was no message displayed on screen when the bike work rate was increased. With this update an 'Increasing Work Rate' message is displayed.

- Bug Fix: Incorrect VO2max score in Edit Client Fitness Profile Test Scores.
In Edit Client > Fitness Profile Test Scores, for the aerobic fitness protocols of 1.5 Mile Run and Walk Test protocols, a test time entered less than 10 minutes was incorrectly saved. For example, a test time of 9:39 was saved as 9:09. This incorrect saved time lead to an incorrect recalculation of the aerobic fitness score (VO2max).
- Bug Fix: Pollock Bike aerobic fitness protocol not going 9 minutes.
In previous versions, if the heart rate at the end of work stage 1 was 110 or greater (in target zone), the test was ending after stage 2. This has been corrected as the Pollock Bike protocol is always 9 minutes. Note: in previous versions the aerobic fitness score (VO2max) was calculated correctly based on the 2 stage heart rate data.
- Bug Fix: Edit Pollock bike aerobic test data not working correctly.
When entering heart rate data for this aerobic fitness test protocol using Edit Client > Fitness Profile Test Scores, subsequent bike work loads are determined by the heart rate at previous work loads. These subsequent work loads were not calculated correctly and resulted in incorrect calculation of the aerobic fitness score (VO2max).
- Bug Fix: Wrong list order of Height and Weight tests in the Fitness Profile Report.
The Height and Weight tests where always printed at the top of the 'Text Only' list in the Fitness Profile Report regardless of their Report Print position selected in Edit > Fitness Profile Format. They are now printed according to their Report Print position.