



PREPARATION PROTOCOL Compleat ACTIVE

About the test

Ergospirometry test combined with spirometry provides valuable insights into functioning of three key systems essential for health: cardiovascular, respiratory and metabolic systems. BIA test allows for analysis of body composition and tracking changes in physique over time.

Evaluating results and monitoring progress helps identify and address limiting factors in each system.

Test procedure

- If you are completing both the Compleat REST and ACTIVE tests during the same visit, we will begin with the REST test (which needs to be done in a fasted state). Next, we will perform spirometry and then proceed with preparation for the ACTIVE test.

How to prepare for the test?

To participate in the ACTIVE test, it is required to sign a consent form for physical activity. Download the form, fill it out, and send it to: aleksandra.kluba@becompleat.pl

- Wear sportswear and comfortable athletic shoes
- If you take medication, do not discontinue it
- Bring bottle of water, towel and change of clothes (if you plan to shower after the test)
- Bring a snack to eat before the ACTIVE test (something what you have already tested and doesn't cause digestive discomfort)
- Arrive at least 10 minutes before your scheduled appointment
- Avoid training the day before the test

How often should the test be repeated?

- If structural limitations are identified, we recommend a follow-up test after approximately 8–12 weeks.

Any Questions?

If you have any questions, feel free to contact us:

phone: +48 668 596 444

e-mail: aleksandra.kluba@becompleat.pl