

# CHESTER STEP TEST

## Pre-Test Conditions

- Do not eat or drink anything for at least 2 hours before your test.
- Do not drink tea, coffee or any other caffeine based drinks (i.e. Red Bull, Lucozade) for at least 2 hours before your test.
- Do not smoke for at least 2 hours before your test.
- If you are recovering from illness or have a cold or are taking beta blocker drugs you should not take the Chester Step Test as this will depress your heart rate scores.
- Ensure you wear loose fitting, comfortable clothing on the day of the test.