

# Columbus Civil Service, Police and Fire Stress Testing at The Ohio State University.

Schedule your practice test today for \$150!



- Are you a current candidate for Columbus Police and Fire?
- Have you been “training” to pass your stress test?
- Want to get the best training advice from the group that designed the Stress Test Standards?
- Want to replicate the EXACT same test and get your results and training advice on the spot?
- Most importantly-debunk all those rumors and myths about the test?

Schedule your practice test today! Now is the time to get your VO2max values and training information to pass the “real” test. Your body needs all the time it can to train and adapt to the demands of exercise. If you wait until you fail the test, you have waited too long.

Consider this the best investment you can make in your future.

**Contact Emily Martini, MS, Program Manager today at 614-292-2255 or [martini.36@osu.edu](mailto:martini.36@osu.edu)**

*\*Please be advised that this is not to be construed as an offer of employment on behalf of the City of Columbus. This is a practice/familiarization for one phase of the process. Candidates must pass all phases of the background, medical, and psychological process prior to being considered for hire.*

*\*\*applicants will need to fill out a medical history and have a release signed by their physician, stating they are in good health, in order to schedule a test.*