**The correlation between the health-related fitness of healthy participants measured at home opposed to fitness measured by sport scientists in a laboratory.**

Grant CC, PhD, Lecturer: Section Sports Medicine1

Janse van Rensburg DC, MBChB, MD, Head: Section Sports Medicine1

Pepper MS, MBChB, PhD, MD, Professor: Department of Immunology; Director: Institute for Cellular and Molecular Medicine1

du Toit PJ, PhD, Lecturer: Department of Physiology1

Wood PS, DPhil, Lecturer: Department of Biokinetics, Sport and Leisure Sciences1

Ker J, MBChB, PhD, MD, Deputy: Section Sports Medicine1

Krüger PE, DPhil, Institute for Sport Research1

Grobbelaar C: Department of Physiology1

Nolte K, PhD, Lecturer: Department of Biokinetics, Sport and Leisure Sciences1

Fletcher F, PhD, Lecturer: Department of Statistics1

Grant TC, BSc: Section Sports Medicine1

1University of Pretoria, South Africa

**Corresponding Author:**

C.C. Grant

P.O. Box 37897

Faerie Glen

0043

Rina.grant@up.ac.za

Cell phone: 0832587580

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