FITNESS ASSESSMENTS

All appointments may be booked at the Front Desk.

Whether you are just starting to exercise or are a veteran exerciser, assessing your current level of fitness will provide important information for your health. For those just starting out, a Fitness Assessment will provide a baseline measurement, which can be referred back to in order to measure progress. A Fitness assessment also examines Cardiovascular Risk Factors, which is especially important for those just starting aerobic exercise. For the veteran exerciser a Fitness Assessment will allow you to fine tune your fitness routine, and make changes where appropriate. With a Fitness Assessment you can: assess your current fitness level in relation to your age and sex; identify areas of health and injury risk; establish realistic, attainable goals and evaluate the success of your fitness programs with follow-up assessments. The Basic Fitness Assessment consists of basic measurements and health questionnaires. The Full Fitness Assessment adds to the basic information through simple physical tests and measurements.

BASIC FITNESS ASSESSMENT

The Basic Fitness Assessment includes the following measurements and assessments: Cardiovascular Risk Factors, Health History, Body Height, Body Weight, Body Mass Index (BMI), Body Fat Percentage, Body Fat Weight, Blood Pressure, Heart Rate, Circumference Measurements, Waist-to-Hip Ratio and Waist-to-Height Ratio.

R/NR	Time
$30/$40	Time Required: 30 minutes

FULL FITNESS ASSESSMENT

The Full Fitness Assessment includes all of the Basic Fitness Assessment measurements and assessments: Cardiovascular Risk Factors, Health History, Body Height, Body Weight, Body Mass Index (BMI), Body Fat Percentage, Body Fat Weight, Blood Pressure, Heart Rate, Circumference Measurements, Waist-to-Hip Ratio and Waist-to-Height Ratio and adds the following measurements/tests: Cardiovascular Fitness, Muscle Strength, Muscle Endurance and Flexibility.

R/NR	Time
$60/$70	Time Required: 60 minutes

NUTRITION ASSESSMENTS

Have you ever wondered what to eat or how much to eat to attain your goals?

Do you exercise and not lose the weight you want?

A Nutritional Assessment can help you answer these questions.

A Nutritional Assessment is comprised of simple questionnaires, and basic body measurements.

You will need to bring a 3-day food diary (2 week days and 1 weekend day) and a 3-day activity log (2 week days and 1 weekend day).

BASIC NUTRITION ASSESSMENT

The Nutrition Assessment includes the following measurements and assessments: Cardiovascular Risk Factors, Health History, Lifestyle Assessment, Body Height, Body Weight, Body Mass Index (BMI), Body Fat Percentage, Body Composition (Fat Mass, Lean Mass), Calorie Goals, Nutritional Goals, and Weight Loss Goals. Required: 3-day food diary, 3-day activity log.

R/NR	Time
$50/$60	Time Required: 45 minutes

COMBINED FULL FITNESS & BASIC NUTRITION ASSESSMENT

The Full Fitness & Nutrition Assessment includes all of the measurements and assessments from both the Full Fitness and Nutrition Assessments: Cardiovascular Risk Factors, Health History, Lifestyle Assessment, Body Height, Body Weight, Body Mass Index (BMI), Body Fat Percentage, Blood Pressure, Heart Rate, Circumference Measurements, Waist-to-Hip Ratio and Waist-to-Height Ratio, Cardiovascular Fitness, Muscle Strength, Muscle Endurance and Flexibility Assessment, Body Composition (Fat Mass, Lean Mass), Calorie Goals, Nutritional Goals, and Weight Loss Goals. Required: 3-day food diary, 3-day activity log.

R/NR	Time
$95/$105	Time Required: 60-90 minutes