Before your assessment, you will be asked to fill out a short questionnaire to determine your health status and readiness for exercise. If there is a problem, you will need your doctor's approval before we can proceed.

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Body weight is a standard tracking measure, but overall body composition will reveal whether your weight is healthy. To track your weight fluctuations, use your clothes instead of a scale.

Body composition is measured by Bioelectrical Impedance Analysis. From this we will be able to determine your fat mass, fat-free mass, percentage of body fat, total body water, raw impedance, and Basal Metabolic Rate.

Girth measurements, determined with seven-site skin-fold measurements, is an excellent way to track your health and fitness levels. It is more productive than tracking your body weight, a better indicator of your risk for certain diseases, and an ideal tool to use for goal-setting.

Back flexibility is measured by a sit and reach test. Flexibility is important for everyday living and preventing injury. Flexibility is both protective and functional.

Aerobic fitness is determined by a short (usually less than 12 minutes) walk and run on a treadmill. The output from the treadmill and heart rate monitor you will be wearing are analyzed using a computer based protocol. It estimates your VO2 Max, which measures your ability to utilize oxygen when you exercise.

How it works
Give us 45 minutes and we will give you the tools to improve your wellness.

When finished, you will be given a one page Fitness Profile along with several pages of in depth explanation. Based on your results, we will recommend exercise steps for you to reach your fitness goals.

Fitness Assessment in Seven Steps