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.

- HEALTH QUESTIONNAIRE
- BODY WEIGHT
- BODY COMPOSITION
- STRENGTH TEST
- AEROBIC FITNESS
- FLEXIBILITY
- GIRTH MEASUREMENTS

FITNESS ASSESSMENT IN SEVEN STEPS

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.

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.

Biceps strength is determined isometrically, i.e. Pulling against a bar that is static. It also measures your ability to stabilize your shoulder and back muscles. It is a safer version of one-rep max test.

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.