

FITNESS ASSESSMENTS



A health and fitness assessment provides the health and fitness professional with a three-dimensional representation of the client.

The assessment covers information regarding habits, hobbies, movement abilities and past and present medical history.

The fitness assessment allows the health and fitness professional to see the current structure and function of a client and with the information gathered through the fitness assessment, a fundamental representation of a client's goals, needs and status can be created.

This will enable the proper creation of an integrated and specific program that is individualized specifically for each client. We are using the latest technology and exercise science to help people of all ages to achieve their goals and become more healthy.

Periodized Individual Program Design

A health and fitness program will be designed specific to your individual needs and with attention to the science of exercise physiology. A periodized training plan is essentially blocks of training varying in intensity, duration and focus that will keep your training fresh, exciting and challenging. Excessive, prolonged isolated exercise without periodization will eventually lead to movement dysfunction and postural distortion.

Complete Health and Fitness Assessments

- Review of General and Medical History
 - Metabolic Assessments
 - Body Composition Evaluation
 - Physiologic Assessments
 - Sub Maximal Cardiovascular Assessments
 - Posture & Movement Screening Assessments
 - Basic Nutrition Screening & Guidelines
 - Sports Performance Assessments
- All levels kids to professional athletes

The Fitness Assessment includes the design of a customized exercise program and a free personal training session to show you the program. You will get the assessment results by email in 24 hours.

Assessment Fees		
Testing	Price	PT Session
Basic	\$50	Included
Sport Performance	\$80 & Up	Included
Kids/Teens	\$30-\$80	Included

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