



What is a Fitness Assessment?



- Your Fitness Assessment will take 45-60 Minutes. Your Trainer will sit with you to review your health history and discuss your personal goals. Your trainer will then take your height, weight, body composition, waist to hip ratio, flexibility test, heart rate, blood pressure, cardiovascular strength, endurance and body mechanics evaluation.
- Please keep in mind that if you do not feel comfortable with any part of your fitness assessment your trainer will be happy to eliminate that part of your evaluation.
- Together with your trainer, a plan will be made to help you reach YOUR goals.
- Upon completion, if necessary, *a second* appointment will be made to explain and demonstrate your planned program.

Please be sure to wear comfortable clothing and sneakers to your appointment

Do not exercise within one hour of your appointment