

When it comes to your health, a Personal Health Assessment (PHA) is the first step in treating yourself to a better way of life. A PHA is a plan of care that identifies your specific needs. Based on your assessment results, your trainer will guide you to the best course of action to improve your health. Being part of our Medical Fitness family, we can connect you with one of our trainers, physicians, a physical therapist, or athletic trainer... providing you with the best continuum of care. Your Personal Health Assessment consists of the steps listed below, along with personal communication between you and your trainer via e-mail, or direct contact to keep you connected during the first three months of your membership.

What to bring to your first appointment:

1. Health History
2. Health Eating Every Day Survey™
3. Comfortable clothes

Step One | (2 hours)

Health History

A comprehensive check on any existing or past health issues.

Movement Assessment

To create optimal performance in life or sport, one must understand where their system is not functioning optimally. The assessment is a measurement tool to evaluate your current posture and movement patterns, which allow our trainers to create a blueprint for your specific program.

Fitness Preassessment

- V02 Max - Considered the best indicator of cardiorespiratory endurance.
- Measurements - An excellent way to keep track of your shape as you get fit. As you burn fat and increase your muscle mass, you may weigh a bit more even though your body is getting tighter and smaller.
- BMI - Body Mass Index is a relationship between weight and height that is associated with body fat and health risk.

Personalized Exercise Plan

- Goal Setting - Personal goals you want to achieve.
- Technique Instruction - Teaching you the proper techniques for exercising to achieve results.
- Class Overviews - Choosing the classes that are the right fit for you.
- XL Olympic Room Orientation - Review guidelines.
- FitLinxx Orientation - Records your individualized workouts on weight machines, cardiovascular equipment, and free-weights. FitLinxx can help you keep accurate records, train safely, and increase your motivation on the way to achieving your goals.

Nutrition Assessment

Once the data on an individual is collected and organized, the trainer can assess and evaluate the nutritional status of that person. The assessment leads to a plan of care, or intervention, designed to help the individual either maintain the assessed status or attain a healthier status.

Step Two | (1/2 hour)

Progress Consultation

- Review of fitness and nutrition goals and progress

Step Three | (1/2 hour)

Post Assessments

- Fitness Assessment
- Movement Assessment
- Analysis
- Future exercise prescription

Initiation Fee

Your Initiation Fee includes the value-added service of a Personal Health Assessment. The assessment consists of a three-month customized program provided by your Personal Trainer that will meet your individual health and wellness goals. Based on your Assessment results, your trainer will guide you to the best course of action to improve your health. You can choose to pay for your initiation fee with one easy payment or have it automatically withdrawn over a three-month period.

Primary Member \$75

Primary Member + Spouse \$150

Additional Family Members **Free**
(Any dependent Children ages 14-25 years old)

Includes:

- Health History
- Movement Assessments (pre/post)
- Fitness Assessments (pre/post)
- Nutrition Assessment
- Personalized Exercise Plan
 - Goal Setting
 - Technique Instruction
 - Class Overviews
 - Olympic Room Overview
 - FitLinxx Orientation
- 3-month Communication with your Personal Trainer.

Children under the age of 14 are not required to participate.

Payment Options (please check one)

- Direct Pay \$75.00
- Direct Pay \$150.00
- \$25.00 for 3 months (Primary) via automatic withdrawal
- \$50.00 for 3 months (Primary + Spouse) via automatic withdrawal