

How Will A Personal Health Assessment Benefit You?

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 email or direct contact to keep you connected during the first three months of your membership.

What to bring to your first Appointment-

- * Health History
- * HEED Survey
- * Comfortable Clothes

Step One – (1 ½ hours)

① Health History

A comprehensive check on any existing or past health issues.

② Movement Assessment

To create optimal performance in life or sport, one must understand where their system is deficient. 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 training program.

③ Fitness Pre-Assessment

- **V02 Max** – Is 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

④ 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 – within one week of initial assessments

⑤ Workout Plan

- **Goal Setting** – Personal goals you want to achieve
- **Technique Instruction** – teaching you the proper technique to achieve better results
- **Class Overviews** – choosing the classes that are the right fit for you
- **XL Olympic Room Orientation** – review of 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.

Step Three – three months after start date - (½ hour)

⑥ Post Assessments

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

Personal Health Assessment Investment

Your Personal Health Assessment is a three-month investment and your health is well worth the cost. You can choose to pay for your investment with one easy payment or have it automatically withdrawn over a three-month period. Remember...the health benefits of your Personal Assessment greatly exceed the cost of your investment.

Primary Member

Investment Cost - \$99.00 includes:

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

Payment Options (please check one)

- Direct Pay \$ 99.00
via cash, check or charge
- \$33.00 for 3 months
via Automatic Withdrawal

Additional Family Members

Family members include: your spouse and any children 14 years old and up. Additional options are available for children under the age of 14. Please check with your Personal Trainer.

Investment Cost - \$75.00 each includes:

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

Payment Options (please check one)

- Direct Pay \$ 75.00
via cash, check or charge
- \$25.00 for 3 months
via Automatic Withdrawal