

OBJECTIVES:

A Personal Fitness Assessment is a starting point to see which areas need improvement.

The 5 components of Physical Fitness:

- Body Composition
- Muscular Strength
- Muscular Endurance
- Cardiovascular Fitness
- Flexibility

One of our Certified Personal Trainers will assess these 5 components of fitness.

We will show you how to improve in each area for a healthier, stronger body.

TESTS INCLUDE:

Body Fat Analysis

Using a Bioelectrical Impedance (BIA) machine, we will apply two electrodes to your right hand and two to your right foot. The electrodes are attached to cords that filter into a machine that analyzes your body composition. A small current will flow through your body (you cannot feel it) which can easily differentiate fat mass from muscle mass. It will also tell us your total body water.

Please follow these rules before testing:

- 12 hours no alcohol
- 8 hours no exercise or sauna
- Drink plenty of water
- Take regular medications
- If you have a pacemaker, you cannot do the body fat analysis

Body Mass Index (BMI)

Body Mass Index is one way to determine whether or not an individual is overweight. By assessing your height and weight, we can tell you if you are underweight, normal or overweight.

Metabolic Profile

The metabolic profile assessment will let you know how many calories your body needs each day. We can tell you how many calories you will need daily to lose weight, gain weight or maintain your current weight.

Flexibility

A sit and reach test can tell us how flexible you are. By using our guidelines, we can give you simple exercises to improve your flexibility.

Measurements

Measurements will be taken on your arm, waist, hips and thigh. This is a great tool to use for weight loss and/or muscle gain. When you re-assess, you will see differences in inches.

Blood Pressure

We will take your blood pressure and make sure you are within normal limits.

Cardiovascular Testing

A 12-minute treadmill test or a bike test will be used to test your cardiovascular endurance. These results can help us design a cardiovascular routine for you to make sure you are exercising in your correct heart rate ranges and burning the most fat for optimal results.

Muscular Strength/Endurance Testing

Muscular strength is measured by performing a one repetition maximum test. For example, the maximum amount of weight you can bench press one time. Muscular endurance is measured by how many repetitions you can perform of a certain exercise in one minute.

PRICE:

- \$50 first initial assessment
- \$35 follow up



Yes, I would like to schedule a Personal Fitness Assessment!

Name

Phone Number

Best Time to Call

Preferred Day and Time to Assess



ABOUT OUR ASSESSMENTS

By assessing your fitness, you will have the information needed to be on your way to a healthier body today.

Assessments include:

- Body Fat Analysis
- Body Mass Index (BMI)
- Metabolic Profile
- Flexibility
- Measurements
- Blood Pressure
- Cardiovascular Testing
- Muscular Strength/Endurance Testing

PERSONAL FITNESS ASSESSMENT



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