



# POLAR BODY AGE TESTING PROGRAM



The Polar BodyAge Health and Fitness Assessment is the best way to set a starting point, assess your strengths and identify your training needs. The assessment provides you with a BodyAge score indicating whether you are above or below your current biological age.

Chronologically you may be 30 years old, but physiologically you may be 50. This is dependent on several factors including resting heart rate, blood pressure, body composition, flexibility, muscular strength, aerobic fitness, heart disease factors, cholesterol levels as well as VO2 max anaerobic threshold testing and more. This technology is unique and we are proud to say that we are one of few fitness centers to have this technology.

## What is the assessment?

The body assessment is the first step. The system first collects the following info:

### Package A:

- Blood Pressure
- Modified Sit & Reach (flexibility)
- Body Fat Composition
- Body Weight
- Body Mass Index
- Bicep Strength Test
- Health Risk Appraisals

### Package B:

- Blood Pressure
- Modified Sit & Reach (flexibility)
- Body Fat Composition
- Body Weight
- Body Mass Index
- Bicep Strength Test
- Health Risk Appraisals
- VO2 Analysis (Cardiovascular)
- Total Serum Cholesterol



Using this information, the computer calculates your BodyAge. Based on this, the Polar BodyAge system calculates the person's obtainable body age - or, in other words, the maximum amount of years you can decrease from your body age.

If you are serious about your health and longevity, this evaluation will give you the information and knowledge to accurately assess your current fitness and lifestyle habits. Upon completion of the Polar BodyAge Assessment, you will be given a detailed analysis and graphical representation of where you rank in each fitness and risk factor category as well as your real Body Age and tools to help you stay young and healthy.

**Package A: \$50**

**Package B: \$65**

Reassessments allow you to track progress and see how effective your training and lifestyle changes have been by comparing past and present results.

**Package A Reassess: \$35**

**Package B Reassess: \$50**

**See our reception desk to make your appointment today.**

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