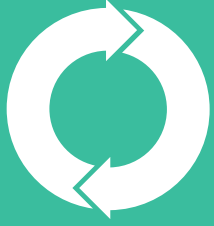


## Circumference Measurements



Can serve as a reference point as you begin or continue your exercise routine.

## Blood Pressure



Is a predictor of disease risk.

## Resting Metabolic Rate



The most precise assessment of your caloric needs. Knowing your metabolic rate will allow you to develop a customized nutrition program to meet your health, fitness, and weight goals.

## Body Composition Test



To assess your body fat percentage as it is related to a decreased risk of chronic disease and a subjective increase in quality of life.

# TESTS PERFORMED

## VO2 Max & EKG Testing



Serve as measurements of cardiorespiratory fitness.

## EndoPat Test



Can estimate your vascular health and also predict your risk of vascular disease.

## Bone Density Test



Will evaluate the health of your skeletal system and risk for osteoporosis.

## Comprehensive Blood Draw



Lab analysis that includes a metabolic panel including thyroid, evaluating nine hormone levels, a urine test for bone loss, access to Telomere testing, a complete blood count, and PSA in men.