

THE FITNESS APPRAISAL

“The first step on your wellness journey

Start with a **Fitness Appraisal** in the comfort of your own home to assess what your current fitness level is. This helps in the design of your specific and individualized program. The appraisal and results yielded from testing are intended as a starting point for discussion, to motivate you to increase physical activity and to develop a healthy lifestyle. The results are also used as a benchmark to monitor improvement. Knowing this information will prevent setting unrealistic goals as well as prevent injury.

The consultation is a time for us to get to know one another. Many factors affect our willingness to become more physically active and adopt healthy lifestyle habits. Through the use of straightforward checklists, questionnaires, and surveys we will explore lifestyle habits and attitudes as well as determine when and how change and improvement may be warranted.

There are three components in the fitness appraisal: **healthy body composition, healthy aerobic fitness** and **healthy musculoskeletal fitness**. Body composition is determined by using skin fold calipers with measurements taken on 5 different sites on the body; this will result in your body fat percentage and distribution. The aerobic test requires you to finish one or more sessions of 3 minutes of stepping at predetermined speeds based on your age and gender. The musculoskeletal testing includes 5 measures that require you to work with your own body weight such as sit-ups.

It is a good idea to get a re-appraisal periodically; it is the same procedure as the initial appraisal. Here we get to measure progress made since committing to your training program and how your results vary in comparison to your initial appraisal. It is a tremendous confidence booster and serves as motivation to keep you going.

Book a **Fitness Appraisal** today! When booking online, mention “appraisal” in the comments section.



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