Fitness Evaluation

Planning on starting a new fitness routine or wanting to see if your hard work has been paying off? Book a fitness assessment; spend 75 minutes consulting our professionals about your health and fitness-related questions and participating in evaluations which may include:

- Evaluation of your current cardiovascular health (Treadmill Test, Blood Pressure) (Direct VO2 available at additional cost if requested)
- Body composition (measurements, and skin folds) OR Body composition analysis (using our non-invasive SECA Bioimpedence Body Composition Analysis Machine)
- Musculoskeletal health (strength and flexibility measurements)
- Advice and exercises to help manage your fitness-related goals and concerns

Fitness Assessment $110 (75 minutes)
Body Composition

Skin Fold & Body Measurements
Skin folds and anthropometric measurements – Assess body fat using appropriate skin fold method, body measurements, body mass index (BMI) and waist-to-hip ratio
Skin Fold & Body measurements $48.75 (30 minutes)

SECA mBCA
SECA mBCA 515 Bioimpedence – This machine has been validated against the medical science gold standard. It precisely measures values such as fat mass, extracellular and intracellular water, and skeletal muscle mass all in less than 20 seconds. The SECA will give you five distinct measures:
Energy, Fluid, Function/Rehabilitation, Health Risk & Development/Growth
SECA mBCA Consultation $30 (30 minutes)

Movement Screening

Functional Movement Screen (FMS)
FMS is the screening tool used to identify limitations or asymmetries in seven fundamental movement patterns that are key to functional movement quality in individuals with no current pain complaint or known musculoskeletal injury.
FMS Screen Only $25 (20 minutes)

FMS & Corrective Exercises
FMS Correctives addresses weaknesses in the fundamental movement patterns or any asymmetries that may be present. Clients will be given a custom set of corrective exercises to address any asymmetries or weaknesses identified in the FMS Screen. Throughout the appointment, clients will be shown how to do the exercises properly to regain proficient movement in those patterns.
FMS Screen & Correctives $65 (60 minutes)

Y-Balance Test
The Y Balance Test allows us to quarter the body and look at how the core and each extremity function under bodyweight loads. This device and protocol are highly accurate and can be used for measuring pre and post rehabilitation performance, improvement after performance enhancement programs, dynamic balance for fitness programs, and return to sport readiness.
Y-Balance Test Only $25 (20 minutes)

The Assess & Correct Package
This package includes the Functional Movement Screen, Y-Balance Test and corrective exercises.
The Assess & Correct Package: $100 (90 minutes)

Isokinetic Testing & Conditioning

Isokinetic Testing
The isokinetic dynamometer is extremely safe as the resistance accommodates perfectly to the client’s torque output. Therefore, the risk of overloading the joint is greatly minimized. Any reduction in force output due to pain or weakness, results in an immediate reduction of resistance. This reduction is measured and graphed, enabling the clinician to determine where in the range of motion a deficit exists. This quantitative information is extremely useful in determining one’s readiness to return to sport, and their level of recovery as compared to muscle groups in the unaffected limb.
Isokinetic Initial Consultation $75 (45 minutes)

Isokinetic Conditioning
Clinical researchers have demonstrated that clients placed on a well-planned isokinetic rehabilitation program have exhibited marked improvements in objective physical requirements.
Isokinetic Conditioning $32.50 (30 minutes)

Exercise Therapy Referral
To be completed by doctor / health care practitioner.

Patient Information:
Name:
Address:
Ph #: (_______) __________________________
Alt. Ph #: (_______) ________________________
Date of Birth (dd/mm/yy):  __________________
Postal Code: ______________

□ Yes □ No
1. Has your doctor ever said you have a heart condition OR high blood pressure?
□ Yes □ No
2. Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?
□ Yes □ No
3. Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months?
□ Yes □ No
4. Have you ever been diagnosed with another chronic medical condition?
□ Yes □ No
5. Are you currently taking prescribed medications for a chronic medical condition?
□ Yes □ No
6. Do you have a bone or joint problem that could be made worse by becoming more physically active?
□ Yes □ No
7. Has your doctor ever said that you should only do medically supervised physical activity?
□ Yes □ No

If you answered yes to any of the PAR-Q questions, (on the next page) you may require a medical referral to exercise. Please take the attached referral to your doctor. Feel free to call us if you have any questions and we would be happy to help you!