

COMPREHENSIVE DIAGNOSTIC FITNESS ASSESSMENTS

Well & Being<sup>®</sup>  
Spa & Wellness

AT FAIRMONT SCOTTSDALE PRINCESS

LIVE IT WELL



## WHAT IS DIAGNOSTIC TESTING?

Fitness diagnostic testing is designed to create a “baseline” of performance while assisting our team of expert Coaches in the process of developing a comprehensive fitness plan to help you meet your desired wellness goals. Our coaches use the information provided in our diagnostic testing to help streamline your approach to exercise as well as recommend complimentary services to best support your plan. Whether you are looking to optimize your current plan or create a new program, our series of diagnostic tests will help you focus your efforts for maximum results. We recommend diagnostic testing every 3 months as the best method of tracking and optimizing your performance.

### WHY DO BASELINE TESTING?

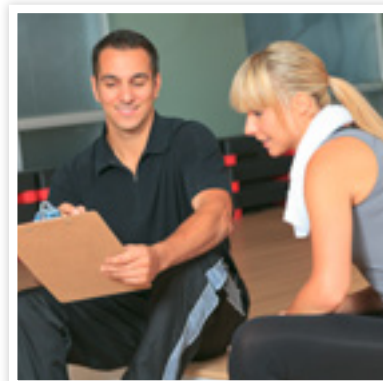
- Helps to determine current overall health conditions and assess risks and limitations
- To learn about surgeries or limiting injuries
- To ascertain a current overall fitness/wellness level
- To create a one-on-one relationship with a professional and add accountability
- To set goals and learn what motivates the individual
- To identify and set proper training techniques
- Allow the fitness professional to tailor a program to the client's needs and strengthen areas of opportunity

### WHAT COMPONENTS ARE WE LOOKING AT?

- Muscular Strength/Muscular Endurance, Body Composition, Flexibility and Cardiovascular Endurance

### WHAT TESTS ARE WE DOING?

- Bod Pod (Body Comp)
- Sub Max Vo2 (Cardio Endurance)
- Grip Strength Test (Muscular Strength)
- Sit and Reach (Lower Body Flexibility)



With each F.I.T. Diagnostic assessment comes an Index Meter that will show your personal diagnostic score. Our expert coach's will use this scoring to craft your personalized workout program with specific recommendations. We can retain your Index Scores for comparisons to future F.I.T. Diagnostic assessments to help track and monitor your progress.

## FLEXIBILITY

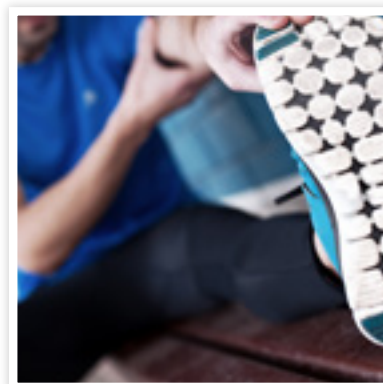
### WHY TEST FLEXIBILITY?

Flexibility shows functional capacity of the joints to move through their full range of motion (ROM). Flexibility directly impacts Activities of Daily Living (ADL), has a correlation to back pain and is also a component of athletic performance and a key to injury prevention.

### THIS TEST CONSISTS OF THE FOLLOWING:

#### Trunk Flexion:

- Sit and reach test – Shows low back, hamstrings and hip flexibility (Lower Body).



## BODY COMPOSITION

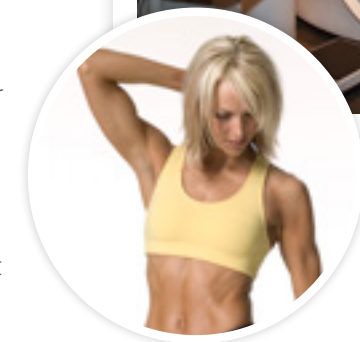
### WHY TEST BODY COMPOSITION?

Body composition testing is a critical component to wellness. With proper testing techniques, lean mass and fat mass are accurately calculated. With a comprehensive understanding of the ratio of lean muscle mass to body fat, our expert Coach's can interpret results and design exercise programs to help you reach your fitness goals. Preserving lean muscle mass while at the same time working to reduce excess body fat creates a “furnace” effect which in turn increases your Resting Metabolic Rate (RMR) and improves your overall metabolism.

### THIS TEST CONSISTS OF THE FOLLOWING:

#### Bod Pod:

- Two, fifty-second tests in a unique, air-sealed chamber with a window are all that's required.
- The device uses the guest's weight, volume and pressure change within the sealed, air-filled chamber to assess lean versus fat mass and RMR.
- Minimal, tight-fitting clothes are preferred for the most accurate test: boxer briefs, bike shorts, sports bra or bikini for example.



## MUSCULAR STRENGTH

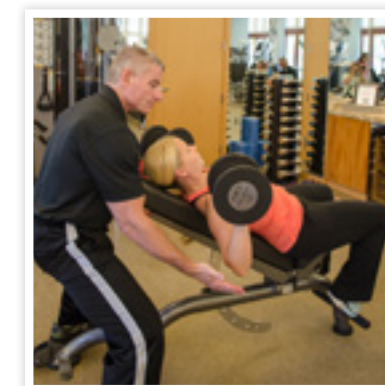
### WHY TEST FOR MUSCULAR STRENGTH?

Muscular Strength is important for potential improvements of health-related fitness components: bone mass, glucose tolerance (type 2 diabetes), reduced risk of injury, increased fat free mass, and improved RMR.

### THIS TEST CONSISTS OF THE FOLLOWING:

#### Muscular Strength:

- Grip strength test utilizing a hand dynamometer isometric (or static) measurement of overall muscle function without extraneous movement.



## CARDIOVASCULAR HEALTH/ENDURANCE

### WHY TEST CARDIOVASCULAR HEALTH/ENDURANCE?

Cardiovascular health gages your base endurance level, or the ability for your heart to sustain work for extended periods of time. It will show how effective your current training regimen is for your overall aerobic fitness, and provide a baseline for an exercise program.

### THIS TEST CONSISTS OF THE FOLLOWING:

#### Fitmate PRO:

Fitmate PRO estimates VO2max (maximum volume of oxygen utilized) through a sub-maximal protocol. This test is done by walking on a treadmill while a mask collects oxygen data at specified intervals and is completed when the individual reaches 85% of their heart rate max. As soon as the test is completed, a printout of the results and an overall cardiovascular fitness score (VO2) is given as well as information for target training zones required for fat burn, endurance, threshold training and VO2 maximum.

