

Body Fat, BMI, and WHR Determination - 1 hr

Your total weight can be a poor indicator of your true body composition. For example, take a 50 year old man who weighs the same 160 lbs that he did in high school, but who has been sedentary. Age induced sarcopenia has replaced 8-12 pounds of muscle with fat and this process will accelerate. More important than total weight, is the amount and percentage of body fat versus your lean body mass (basically everything else). A healthy body fat percentage for a man is 14-17%, for women 21-24%.

Body fat in pounds and as a percentage can be estimated using skin fold calipers. I will measure the thickness of fat under the skin at three places by gently placing the calipers around a fold of skin. Using the widely accepted Jackson & Pollock formula, I'll calculate your total body fat and percentage. I'll also show you a slightly less accurate way to monitor your own body fat using an inexpensive, one-site, caliper.



Using your weight and height, I'll record your Body Mass Index as well. The usefulness of this measure has been called into question but can be of value in conjunction with other measures. More importantly, I'll use a Gulick tape measure to determine your waist/hip ratio (WHR). In the massive INTERHEART study covering 27,000 people, the WHR was the strongest predictor of cardiovascular risk. I'll show you where your WHR puts you on the risk spectrum. We can briefly discuss how the location of body fat, subcutaneous versus visceral and abdominal affects the harmfulness.

Baseline Fitness Assessment - 2 to 3 hrs

This includes all of the above plus an assessment of your strength, flexibility and cardiovascular capacity (VO₂max).



Are you strong or weak for your age in muscular strength or endurance? How are your heart and lungs doing? Do you have adequate flexibility? There are standardized tests to give you absolute results and how you rank adjusted for age.

Before testing muscular strength, endurance and aerobic capacity, I will have you complete a Personal Health History questionnaire. Depending upon your answers, it may be necessary for me to prepare a physician's release form outlining the proposed activities. You'll have to get his approval and recommendations before we can safely proceed. I will also require you to sign an informed consent form and waiver of liability. Continued on next page.

Written results and analysis provided for all tests. Get an accurate baseline established to monitor your efforts!

Physical Assessment, Testing Protocols & Program Design

New
Horizon
Fitness

Testing muscular strength and endurance utilizes a variety of exercises where only an exercise mat is required; others require free weights. Depending upon your level of fitness, sub maximal VO2 max testing could involve timed stepping up and down, walking on a track or treadmill, or running. Bring a heart rate monitor or let me know if you need a loaner.

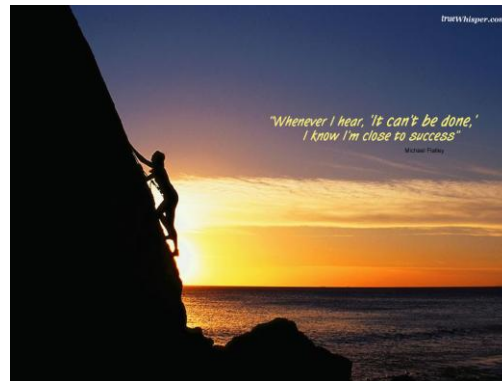
Comprehensive Exercise Program Design and Supervision - 10 to X hrs

Everything previously covered is included which also serves as input to the program design. In addition, I'll have you answer some in-depth questionnaires covering your objectives, exercise experience, preferences, and lifestyle factors (e.g. time constraints, facilities and support). We will discuss these and your program objectives at length before I even begin the program design.

Based upon the above, I will provide you a written, progressive exercise plan designed to meet your specific objectives. This exercise plan will typically cover the three major aspects of a fitness program; aerobic and resistance training integrated with flexibility exercises.

Depending upon the modes of exercise selected, we should schedule at least two sessions where I can personally demonstrate the exercises and monitor your performance. Of course additional sessions can be scheduled as your needs dictate. At these sessions we can continue to work on your present program and/or dive into any wellness subject of interest.

During every exercise session, I'll do my best to illustrate, motivate, educate and keep you amused; because exercise should be fun at least most of the time. Of course a good work out involves effort, but the rewards in better health will be well worth it. I'll make your objectives my own and do my best to help you reach them.



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