

# Personalized Health Assessment



Do you want to reduce your cholesterol, manage your blood pressure, or decrease your medication? Do you struggle with your weight? Are you recovering from or trying to prevent an exercise related injury? Or are you trying to reach a new milestone in your training regimen? Do you want help to become a healthier you?

Health research has shown that making lifestyle change is more successful if you have professional support along the way. Our Personalized Health Assessment helps each person begin and continue to engage in lifestyle choices designed to reach individual and targeted goals.

The Personalized Health Assessment is composed of two appointments: a comprehensive physiological assessment and a follow-up. At your first appointment, you will discuss your exercise and health goals with an Exercise Physiologist and work with them to complete the assessment. Our mission at POTENTRx is to listen to what your goals are and to create a plan from the data produced at your assessment that directly targets your goal and helps you achieve it. We call this an Exercise Prescription (ExRx). Not only do we want to help you achieve your goal, but we want to help you find a sustainable and enjoyable way to do it! At your follow-up visit, your Exercise Physiologist will explain your results, answer your questions, and make sure that you understand and can safely perform your exercise plan. These results include your optimal heart rate zones for utilizing fat versus carbohydrates, metabolic recommendations, and a strength program.

## Overview:

### Personalized Health Assessment (\$695)

#### INITIAL APPOINTMENT (2 hours)

- CONSULTATION (0.5 hours)

With your exercise physiologist, you will explore current standing and future visions for your lifestyle and physical activity, and also discuss any specific issues of concern before testing begins.

- ASSESSMENT (1.5 hours)

The testing includes, but is not limited to the following measures:

- Body Metrics
- Body Composition
- Cellular Health
- Resting Metabolic Rate
- Resting ECG
- ECG Monitored Cardiopulmonary Exercise Test
- Strength & Flexibility Testing
- Spirometry (Lung Function)

#### FOLLOW-UP APPOINTMENT (1 hour)

- DISCUSSION:

Your Exercise Physiologist will present and explain the results from your assessment and provide an exercise and metabolic prescription with recommendations for injury prevention and training. Opportunities for personal training, lifestyle coaching and nutritional counseling are available at an additional cost. For more information feel free to ask your Exercise Physiologist or visit our website at [www.potentrx.com](http://www.potentrx.com).

#### CHECK-IN

Your Exercise Physiologist will check in with you 2 weeks after your follow-up appointment to answer any questions you may have concerning your progress or goals, and assist you with making any needed modifications to your current exercise prescription.



## Supplementary Services



Lifestyle Coaching



Year of Health



Exponential Health



S.H.A.P.E.



Nutrition



Exercise Prescription



Executive Health



Performance Services

Please see our flyers for additional information or ask one of our staff. We would be happy to discuss any of our services and pricing with you. Note: We do not bill insurance for our services.

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### POTENTRx Founders

Sarah Speck, MD, is a cardiologist and medical director of the Swedish Heart & Vascular Institute Cardiac Wellness Program. With her help, the Institute has become a national leader in the early detection and prevention of heart disease, disease-reversal and disease management techniques. She is the former medical director the Dean Ornish Program for Reversing Heart Disease.

Dan G. Tripps, PhD, recently concluded his academic career, leaving the position as Director of Center for the Study of Sport and Exercise at Seattle University. His research and clinical practice focus on attributes of high performance. Dr. Tripps has coached world-class athletes, served as Executive Director of the Olympic Scientific Congress during the 1984 Olympic Games, and has published 12 books on achievement and performance.

### POTENTRx Affiliates

American Council on Exercise (ACE) • Bainbridge Fire Department • Club ZUM • Pocock Rowing Foundation • Precor • Rainier Vista Boys & Girls Club • Seattle Fire Department • Seattle Sockeye • Seattle Thunderbirds • Seattle University • Skillshow • Snohomish Fire Department • Technogym USA • USA Rowing • USA Rugby • Vicon • Washington Athletic Club • Waypoint Outdoor • YMCA of Greater Seattle