

**Team Fit now offers.....**

# **FITNESS ASSESSMENTS**



Being healthy and fit is not measured by your jean size. There are many aspects of fitness that are not visible from the outside. Did you know that your Resting Heart Rate is an indicator of how fit you are? Do you know how well your Cardiorespiratory Endurance is and how fast your heart recovers from intense work? Did you know that decreased flexibility in your hamstrings can lead to lower back issues? When was the last time you had your Body Composition evaluated using Skinfold Calipers (one of the most accurate forms of body composition testing)?

**WORKSHOP OVERVIEW:** A certified Team Fit Trainer will assess your current fitness level, identify your training needs, help you select a training regimen, help you set health and fitness goals, evaluate the success of your fitness programs, and motivate you, helping you move forward on your fitness path. This 45 minute evaluation will test the following areas: Body Composition, Resting Heart Rate, Cardiorespiratory Endurance, Flexibility, Muscular Strength and Endurance. Recommendations will be made according to your test results. All results will be charted and filed for future comparison. Fitness Evaluations are recommended every 6-8 weeks to compare and view your results and progress. If needed, new recommendations will be made.

## **Be sure to:**

- Wear exercise clothing and shoes for the test
- No food for two hours before testing
- No caffeinated beverages before testing
- No alcohol for 24 hours before testing
- No smoking for two hours before testing
- No exercise on day of testing

**Cost:** \$35.00/person

## **Testing**

**Location:** Team Fit, Chesterfield  
(n/w corner 21 Mile/Gratiot Ave.)

***Contact us to learn more and to schedule YOUR ASSESSMENT.***

***(586) 709-2194; teamfitcorp@hotmail.com***