

PERSONALIZED HEALTHY FACTORS ASSESSMENT



Your Personalized Healthy Factors Assessment or HFA is series of measurements that are taken prior to your initial fitness programming and again periodically throughout your continued coaching. These measurements are used to help establish realistic goals for your program, to evaluate muscular imbalances, as motivation, and as a tool to keep an eye on your progress.

The measures can include the following: Height; weight; resting heart rate; resting blood pressure; body fat percentage; body measurements; posture and walking gait analysis; ROM (range-of-motion analysis and neuromuscular testing; cardiorespiratory performance; upper and lower body strength/endurance; and flexibility. Depending on your goals, sport specific measurements may also be taken. Available equipment, health history, along with your goals and exercise background will help determine what measurements will be used.

Preparing for your evaluation

24-hours prior to your scheduled evaluation you should adhere to the following suggestions to achieve maximum results:

1. Avoid unnecessary physical exertion
2. Be properly dressed (sneakers, socks, shorts, t-shirt)
3. Be nourished. You should plan to have eaten no later than two hours prior to your scheduled evaluation time. Do not eat a heavy meal and if your evaluation is early in the morning, don't eat until after you have completed.
4. Be hydrated. You should drink regularly throughout the day. 45-minutes prior to your evaluation you should drink at least 20 ounces of water.
5. Relax. The HFA is an evaluation of your beginning fitness level and an aid in preparing a quality, results driven program for you.
6. **Do your best!** To get the most from the HFA and program design you need to perform with your best possible effort.



Exercise is Medicine.™