



Contact Info:

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Services

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|----|--|-------|
| 1. | Personal Training Start-Up Program..... | \$165 |
| | a. 3 Personal Training Sessions | |
| | b. Physiological Age Health Assessment | |
| | c. Printed Resistance Training Program | |
| 2. | Personal Training Sessions..... | \$55 |
| 3. | Resting Metabolic Rate Testing (RMR)..... | \$49 |
| 4. | VO ₂ Exercise Metabolism Testing..... | \$125 |
| | a. Retest (within 6 months)..... | \$99 |
| 5. | Physiological Age Health Assessment (Includes Body Composition Assessment)..... | \$55 |
| 6. | Body Composition Assessment (Measures Body Fat Mass and Lean Mass Percentage)..... | \$25 |
| 7. | Online Nutrition Planner Account | |
| | a. Month-to-Month..... | \$8 |
| | b. 1 Month..... | \$20 |
| | c. 3 Month..... | \$45 |
| | d. 6 Month..... | \$60 |

Programs

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| 8. | <u>Resting Metabolism Testing with Nutrition Plan</u> | \$99 |
| | a. RMR Test | |
| | b. Meal Plan | |
| | c. Grocery List | |
| | d. Food Exchange lists | |
| 9. | <u>Complete Metabolic Analysis</u> | \$160 |
| | a. Resting Metabolic Rate Test | |
| | b. VO ₂ Exercise Metabolism Test | |



Programs (Continued)

10. Complete Metabolic Analysis with Nutrition Plan.....\$199
- a. Resting Metabolic Rate Test
 - b. VO_2 Exercise Metabolism Test
 - c. Nutritional Plan
 - i. Meal Plan
 - ii. Grocery List
 - iii. Food Exchange List
11. Complete Metabolic Analysis with Cardiovascular Plan.....\$369
- a. Resting Metabolic Rate Test
 - b. VO_2 Exercise Metabolism Test
 - c. Programmed Cardio Computer w/ Heart, speed, and distance monitor (\$150 Value)
 - d. Printed Cardiovascular Plan
 - e. 1 personal Training Session
 - f. *With Basic Heart rate Monitor (-\$100)*
12. Complete Metabolic Analysis with Cardiovascular and Nutrition Plan.....\$399
- a. Resting Metabolic Rate Test
 - b. VO_2 Exercise Metabolism Test
 - c. Programmed Cardio Computer w/ Heart, Speed, and Distance Monitor (\$150 Value)
 - d. Printed Cardiovascular Plan
 - e. Nutrition Plan
 - i. Meal Plan
 - ii. Grocery List
 - iii. Food Exchange list
 - f. 1 Personal Training Sessions
 - g. *With Basic Heart Rate Monitor (-\$100)*



Programs (Continued)

13. Complete Lifestyle Weight Management Program.....\$499
- a. Resting Metabolic Rate Test
 - b. VO_2 Exercise Metabolism Test
 - c. Programmed Cardio Computer w/ Heart, Speed, and Distance Monitor (\$150 Value)
 - d. Printed Cardiovascular Plan
 - e. Printed Resistance Training Program
 - f. Nutrition Plan
 - i. Meal Plan
 - ii. Grocery List
 - iii. Food Exchange list
 - iv. 3 Month Online Nutrition Account
 - g. 3 Personal Training Sessions
 - h. With Basic Heart Rate Monitor (-\$100)*