



## Executive Health Assessment

You're busy, your job demands your very best. The POTENTRx Executive Health assessment is designed to keep you performing at your peak. We bring our experience and scientific expertise and focus on you and your needs.

Our program begins with a thorough review of your health concerns and a comprehensive medical examination personally conducted by our medical director, Dr. Sarah Speck. Your individualized fitness assessment is reviewed by our performance director, Dan Tripps, PhD to develop a plan to proactively address the demands of your job and your health concerns. Because we realize your time is valuable, your private consultation with Dr. Speck and Dr. Tripps at the end of your appointment will summarize our findings and discuss our recommendations for getting you to your next goal.



- **MEDICAL EXAMINATION**

Includes the following:

- Comprehensive History and Physical
- Blood Laboratory Profile
- Specialized Lipid Blood Lab
- Genomic Testing
- Gender-specific Tests
- Non-invasive Imaging—CIMT/AAA

- **FITNESS TESTING**

Includes the following:

- Body Metrics
- Body Composition
- Resting Metabolic Rate (RMR)
- Spirometry (Lung Function Test)
- Resting ECG
- Cardiopulmonary exercise test (ECG monitoring and VO2 max)
- Flexibility Testing
- Strength Testing

- **NUTRITIONAL CONSULTATION**

After submitting your 3-day food log, our nutritionist will review your food log with you, discuss your food preferences and eating habits and establish goals with you. At your follow-up, you will be presented with nutritional recommendations.

- **POST-ASSESSMENT CONSULTATION**

The consultation presents the results of the assessment, offers health and fitness training recommendations and any needed referrals for additional medical diagnostic testing or health and fitness interventions.



## Supplementary Services



Lifestyle Coaching



Exponential Health



Nutrition



Exercise Prescription



Executive Health



Performance Services



S.H.A.P.E.



Year of Health

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 board certified 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.

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