

# Supervised Health & Personalized Exercise Assessment

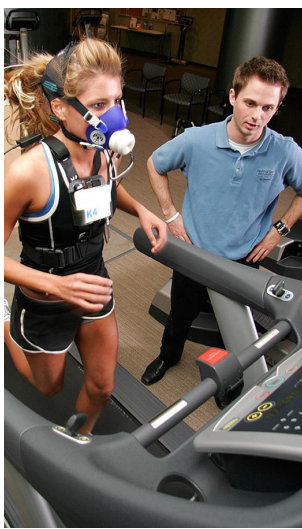


Do you want to reduce your cholesterol, manage your blood pressure, or decrease your medication? Do you struggle with your weight? Are you recovering from or trying to prevent an exercise related injury? Or are you trying to reach a new milestone in your training regimen? Do you want help to become a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



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

The Supervised Health & Personalized Exercise 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. 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.



## The following provides an overview of the assessment:

### Supervised Health & Personalized Exercise Assessment (\$675)

#### 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 (1 hour)

• **POST-ASSESSMENT DISCUSSION (1 hour)**  
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.

#### CHECK INS

Your exercise physiologist will check in with you at 2, 4, 8, and 16 weeks post assessment 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. Lifestyle coaching is also available.



## Supplementary Services

- PERSONAL TRAINING (\$80 PER SESSION)

Onsite personal training at POTENTRx is conducted by staff who have completed a degree in exercise physiology and/or have been certified by one of several major governing bodies including the American Society of Exercise Physiologists (ASEP), the American College of Sports Medicine (ACSM), and the American Council on Exercise (ACE) to develop individualized exercise prescriptions to increase physical fitness and/or athletic performance. The staff creates a training prescription designed for a specified purpose and supervises training to ensure proper movement techniques, specific workloads (intensity), number and duration of training sessions (frequency), nature and schedule of adjustments across time (periodization and progressive overload), and precautions.

- LIFESTYLE COACHING (\$385 for 4 sessions)

We offer personal coaching to help you achieve your health or performance goals by developing skills and behaviors that will get you there. You and your coach will explore and define your goals and create an action plan that will provide mutual commitment, accountability and encouragement to achieve your objective. We can help you address your personal stress, adhere to exercise, prevent or manage a chronic illness and give you objective feedback on building your health portfolio for lasting vitality.

- EXECUTIVE COACHING (\$300 per hour)

We offer executive coaching with our performance director Dr. Dan Tripps to assist you in achieving your full potential. Dr. Tripps has coached world class athletes as well as authored 12 books on achievement and performance. His current clinical practice focuses on attributes of high performance. His approach is to engage what brought you success in business to help you create and maintain a lifestyle that promotes optimum health and vitality for now in your future. Your relationship is kept in strict confidence, and like all aspects of your executive health assessment observes HIPPA guidelines.

- WEIGHT LOSS PROGRAM (\$2,400 total)

In the initial phase of our weight loss program you work with our naturopathic physician to develop a safe diet that utilizes a whole-foods, low-calorie, low-glycemic eating plan to stimulate your metabolism and fat loss over the course of five weeks.

After this initial diet, our nutritionist will work with you to design a longer-term diet to support further weight loss and maintenance, foster insights on portion control, learn nutritionally valuable food choices and resolve unhelpful behaviors around food. Throughout the program, our exercise physiologist will work with you to design an individualized exercise program that facilitates lipid metabolism and increased energy.

- PERSONALIZED EXERCISE EDUCATION (\$80-220)

The personalized exercise program ranges from a one-on-one educational session to a detailed and personalized day-by-day training prescription. The exercise education is used to design a personalized resistance training program that matches your goal. The exercise physiologist will teach proper exercise technique, ensure correct workout intensity, and inform when and how to adjust your workout across time. With a Level 3, you will receive a 16 week, day-by-day personalized training prescription designed to help you train for your specified purpose. We will provide daily specific workloads (intensity), duration of training sessions (frequency), nature and schedule of adjustments across time (periodization and progressive overload), and precautions related to overtraining, age, and health conditions. All of this is tailored to fit your schedule's demands and time allowances to maximize your training time and prepare to reach your performance or health goal.

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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