

Health and Fitness 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 analyzed using appropriate normative data to develop a plan to provocatively address the demands of your job and your health concerns. Because we realize your time is valuable, your private consultation with Dr. Speck at the end of your appointment will summarize our findings and discuss our recommendations for getting you to your next goal.



The executive health and fitness assessment includes the following services:

- **MEDICAL EXAMINATION**

(with medical director)

Includes the following:

- Comprehensive Physical
- Standard Blood Laboratory Profile
- Specialized Lipid Blood Lab
- Genomic Testing
- Gender-specific Tests
- Non-invasive Imaging—CIMT

- **MUSCULOSKELETAL EXAMINATION**

(with exercise physical therapist)

We conduct a 65-point assessment of posture, balance, reflex mechanics, muscular strength, symmetry, range of motion (flexibility) in all three planes, dynamic capacity and kinetic chain and stability that result in a clear understanding of your musculoskeletal integrity.

- **NUTRITIONAL CONSULTATION**

(with dietician)

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.

- **FITNESS TESTING**

(with exercise physiologist)

Includes the following:

- Body Metrics
- Body Composition
- Cellular Health (Bioimpedance)
- Resting Metabolic Rate (RMR)
- Resting ECG
- Spirometry (Lung Function Test)
- Cardiopulmonary exercise test (with ECG)
- Flexibility Testing
- Strength Testing

- **POST-ASSESSMENT CONSULTATION**

(with performance director)

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

- PERSONAL TRAINING (\$75 PER SESSION)

Personal training at POTENTRx is conducted by staff who have completed a degree in exercise physiology and/or has 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.

- NUTRITIONAL CONSULTATION (\$235)

Our certified nutritionist can assist you with food choices that support your medical needs, as well as your exercise and lifestyle activities. In a one-hour consultation, we identify your baseline nutritional status, dietary calorie and nutrient levels, and how your lifestyle influences your food choices. Our nutritionists will counsel you regarding supplements, food allergies, meal planning, shopping, eating out, and managing your weight by developing a healthy dietary pattern. Our goal is to help you find more foods that you can eat, not to tell you what you can't eat. Our nutritionist will help you structure your diet so that you can keep eating the things that you love. The focus of the nutritional consultation is to address your dietary needs, as well as help you be well-informed about what you are eating and how much you should eat. Our nutritionist will also help you keep up with the latest nutrition and dietary news.

- 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 (\$70-215)

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.

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.

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