

CLASSIC

Great place to start! Learn about your fitness and basic cardiovascular health and discover if your current diet and lifestyle are effective.

- Body Composition Analysis
- Body Fat Distribution Assessment
- Cellular Health Exam
- Strength, Flexibility & Balance Testing
- Basic Fitness Assessment
- Comprehensive diet, exercise and sleep review
- FIRST MONTH OF CHECK-INS** (including repeat body metric testing)

PREMIUM

Looking to get toned or lose that belly fat? This package is for you. Learn about your body's metabolism and how to maximize fat burn.

Our Premium package comes with all the Classic tests as well as:

- Resting Metabolic Rate (Measured Caloric Daily Expenditure)
- Advanced Fitness Testing (VO2 max with ECG) to define your body's Fat and Carbohydrate burning zones
- Metabolic and Heart Health Lab Panel (includes thyroid, stress hormone, detailed blood sugar, and lipids)

ELITE

Be a know-it-all. Get our most comprehensive look at contributors to cardiovascular health, fatigue, weight gain and stress.

Our Elite package comes with all the Premium tests as well as:

- Cardiovascular Genetic and Risk Screening
- In depth Genetic Fitness and Diet analysis