

Wellness Assessments



To schedule an appointment
or for more information:

RMR or COMPLETE BODY ASSESSMENTS

Christina Campbell, BA
Mike Callanan, BA

1 (304) 525-8127, ext 25

DIETARY CONSULTS

Sabrina Conley
MS, Health & Wellness Director

1 (304) 525-8127, ext 41

Huntington YMCA May Building
935 10th Avenue | Huntington, WV 25701

HOURS

Mon – Friday | 6:00 am – 10:00 pm

Saturday | 8:00 am – 9:00 pm **Sunday** | 12:00 pm – 7:00 pm

www.huntingtonymca.org

RESTING METABOLIC MEASUREMENTS (RMR)

\$35

Resting Metabolic Measurements (RMR) is a very useful tool in weight management, weight reduction, and creating a fitness routine. RMR is used to assess an individual's caloric expenditure in a resting state. The measurement varies significantly between individuals and can change over time, an exact measurement is helpful in maintaining a healthy energy balance. This measurement must be completed while fasting 8 hours prior.

COMPLETE BODY ASSESSMENT

\$50

The complete body assessment will provide a baseline measurement and monitor your workout progress. A regular body assessment will ensure you are getting the best results out of your training. This assessment will measure the percent of body weight that is attributed to fat weight and the percent attributed to lean body weight.

The assessment includes:

- A full medical questionnaire (risk stratification)
- Height /Weight
- Blood pressure
- Resting heart rate
- Body Mass Index (BMI)
- Body fat percentage
- Circumference measurements
- Cardiovascular endurance
- Muscular strength
- Muscular endurance
- Flexibility

* Consultation will last approximately 1.5 hour. All clients are offered the option of a male or female member of staff. You **MUST** wear appropriate workout clothing (shorts are recommended) and sneakers.

NUTRITIONAL CONSULTS

\$40

The nutritional consult will offer an assessment of your current level of nutrition and provide recommendations tailored to your individual needs and lifestyle. Whether weight loss, improvements in your health, or maintenance is your goal, you can learn to make healthy eating work in your busy lifestyle. Consults will last approximately 1 hour.

BODY FAT ANALYSIS BY "SKIN FOLD CALIPERS"

\$10

The principle behind this technique is that the amount of subcutaneous fat is proportional to the total amount of body fat. The Fitness Specialist will measure folds of skin with calipers at the subscapular (atop the shoulder blade), thigh, triceps, chest, suprailiac (the area at the top of the pelvis), midaxillary (side under the arm), and/or abdomen. From these measurements, the Fitness Specialist will be able to calculate percent body fat.



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