



## *Calcot Spa*

# Health Assessments

Our fully qualified Fitness staff can provide a number of Personal Assessments to show you how fit you are and how you compare to the rest of the population. At the end of each assessment we can advise you on the 3 best and worst exercises for you.

The assessments are;

**Health Assessment:** Tests for flexibility, blood pressure, resting heart rate, body fat. This gives an indication of your overall state of health-related fitness.

**Cardiovascular Assessment:** 30 minutes. Cost: £12.50. A test of aerobic fitness resulting in a figure (the Maximal Volume of Oxygen you can process – VO2 Max) that is comparable across the general population and against sporting greats. This involves brisk walking or steady running (fitness dependent) for between 10 to 25 minutes.

**Posture Assessment:** 30 minutes. Cost: £25. Both visual & movement screens across the body. In some cases, especially from middle age onwards, this highlights muscular imbalances that can either be causing current problems that you may be aware of, or creating the potential for them. Lower back, shoulders, hips and knees are commonly affected by postural imbalances.

**Comprehensive Assessment:** This assessment does exactly what it says – it is a combination of all three of the assessments offered

**Best and Worst.** Every one of these assessments will result in suggestions for the 3 best and worst exercises for you. You may be surprised at the results. Did you know 80% of the population could be better off NOT doing crunches?

### Prices:

Health Assessment: 15 minutes. Cost: £6.25

Cardiovascular Assessment: 30 minutes. Cost: £12.50.

Posture Assessment: 30 minutes. Cost: £25.

Comprehensive Assessment: 70 minutes. Cost: £40.

For more information, please see a member of the Spa Fitness Team.