



## Fitness for Life<sup>®</sup> offered by Mercy General Hospital's Mercy Preventive Health Center

The **Mercy Preventive Health Center's Fitness for Life** program combines the newest in exercise, sports sciences and preventive health technology with the latest in cardiopulmonary diagnostics to accurately measure health status and fitness. Our physician-supervised program—in some cases—may be covered under managed-care health insurance policies.

Program components can be done either individually or can be combined to design an individualized exercise prescription to help you become the best you can be—safely! For more information call 916.453.4813.

### **Programs:**

#### **COMPREHENSIVE FITNESS TEST: \$170**

- Heart and Lung Exercise Test
- Lung Function Test
- Determine Your Personal Target Heart Rate and Oxygen Utilization for Maximum Training and Competition
- Personalized Exercise Prescription and Counseling
- Strength and Flexibility Evaluation

#### **STANDARD FITNESS TEST: \$120**

- Heart Exercise Test
- Lung Function Test
- Determine Your Personal Target Heart Rate for Maximum Training and Competition
- Personalized Exercise Prescription and Counsel

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### **FOLLOW UP TEST: \$100**

- Test given three months after the initial evaluation to measure your progress and to further refine your exercise prescription.
- Choose either the Comprehensive or Standard Fitness Test

### **NUTRITIONAL ASSESSMENT: \$70**

- Lung Measurement Test to determine the amount and type of energy you are burning.
- Personalized dietary recommendations to help you meet your fitness/weight goal.

### **BODY COMPOSITION ANALYSIS: \$35**

- Measurement of body fat percentage (several testing methods).
- Recommendations to assist in reaching weight goals and assess disease risk.

### **STRENGTH AND FLEXIBILITY ANALYSIS: \$35**

- Evaluation for muscular strength and range of motion.
- Recommendations to help achieve improved strength and flexibility.

### **HEALTH RISK APPRAISAL PROFILE: \$20**

- Disease risk assessment based on health status, genetics and lifestyle factors.

### **BLOOD AND URINE ANALYSIS: Fee scale varies**

- Cholesterol levels and blood fats are measured with other body elements to assess the effects they may have on your fitness and performance levels. Other tests such as thyroid, liver and kidney function measurements are included. Further blood tests to measure hormone and vitamin levels can be obtained for an additional cost.

### **HEALTH AND WELLNESS COUNSELING: \$60/hr**

- Counseling and recommendations on health and wellness issues.

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MGH Exercise Lab  
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