



## Health and Fitness Assessment

You're busy, your job demands your very best. The POTENTRx Executive Health program 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 performed under the supervision of our performance director, Dr. Dan Tripps. Because we realize your time is valuable, your private consultation with Dr. Speck and Dr. Tripps 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:

### • PRE-ASSESSMENT CONSULTATION

(with medical director)

The consultation reviews your health history, establishes health and fitness goals, and confirms specific issues of concern before testing begins.

### • MEDICAL EXAMINATION

(with medical director)

Includes the following:

- Comprehensive Physical
- Laboratory Profile
- Gender-specific Tests
- Spirometry (Lung Function)

### • MUSCULOSKELETAL EXAMINATION

(with exercise physical therapist)

A physical therapist conducts 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 stability that result in a clear understanding of your musculoskeletal integrity.

### • FITNESS TESTING

(with exercise physiologist)

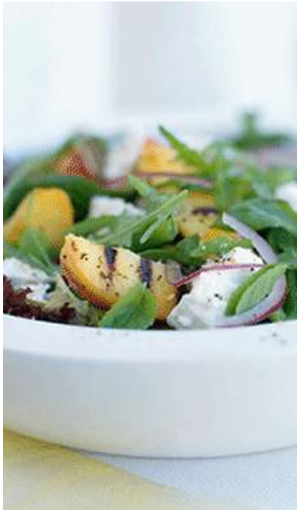
The fitness component includes the following tests :

- Anthropometrics
- Resting Metabolic Rate (RMR)
- Body Composition
- Cellular Health (Bioimpedance)
- Muscular Fitness
- Flexibility (Range of Motion)
- Aerobic Capacity (VO2 Max)
- Blood Lactate (Threshold Analysis)
- Electrocardiogram (ECG/EKG)

### • 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.



(continued)

## Intervention Services

### • NUTRITIONAL COUNSELING

Nutritional counseling identifies baseline nutritional status, calorie and nutrient levels in current meals, and nutritional lifestyle. Nutritional planning guides food choices as treatment for medical conditions, behavior modification and matching eating with designated sport and exercise activity. Certified nutritionists and licensed dietitians offer education about nutrition to help you make sensible decisions about processed, refined, and chemically treated foods, supplements and managing allergies or weight by developing dietary patterns that suit your lifestyle as well as your needs.

### • PERSONAL TRAINING

While nearly anyone can call claim to be a personal trainer, personal condition at the 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 administer exercise stress tests, evaluate cardiovascular function and metabolism, and develop individualized exercise prescriptions to increase physical fitness and/or athletic performance. Using testing data, 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 related to overtraining, age, and health conditions.

### • PERSONAL COACHING

Personal coaching is a method of directing, instructing and training a person with the aim to achieve some goal, develop specific skills, or change a specific behavior. Personal coaching is a relationship, designed and defined between you and the coach and is based on yours expressed interests, goals and objectives. Personal coaching is a way to help you manage chronic illnesses, address personal stress, adhere to exercise, stop smoking, loose weight or achieve any desired behavioral change. The certified personal health coach observes, gives objective feedback, helps develop a plan of action and holds you accountable for your commitments and actions through expertise and encouragement to bring about the desired objective.

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For more details about the services listed in this flyer, please call (206) 432-9436



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## 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. Dr. Speck serves as a clinical assistant professor at the University of Washington's School of Medicine.

Dan G. Tripps, PhD, directs the Center for the Study of Sport and Exercise at Seattle University and the Center's Human Performance Lab. His research and clinical practice focus on physical and mental aspects of high performance. Dr. Tripps has coached world-class swimmers and triathletes, served as Executive Director of the Olympic Scientific Congress associated with 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