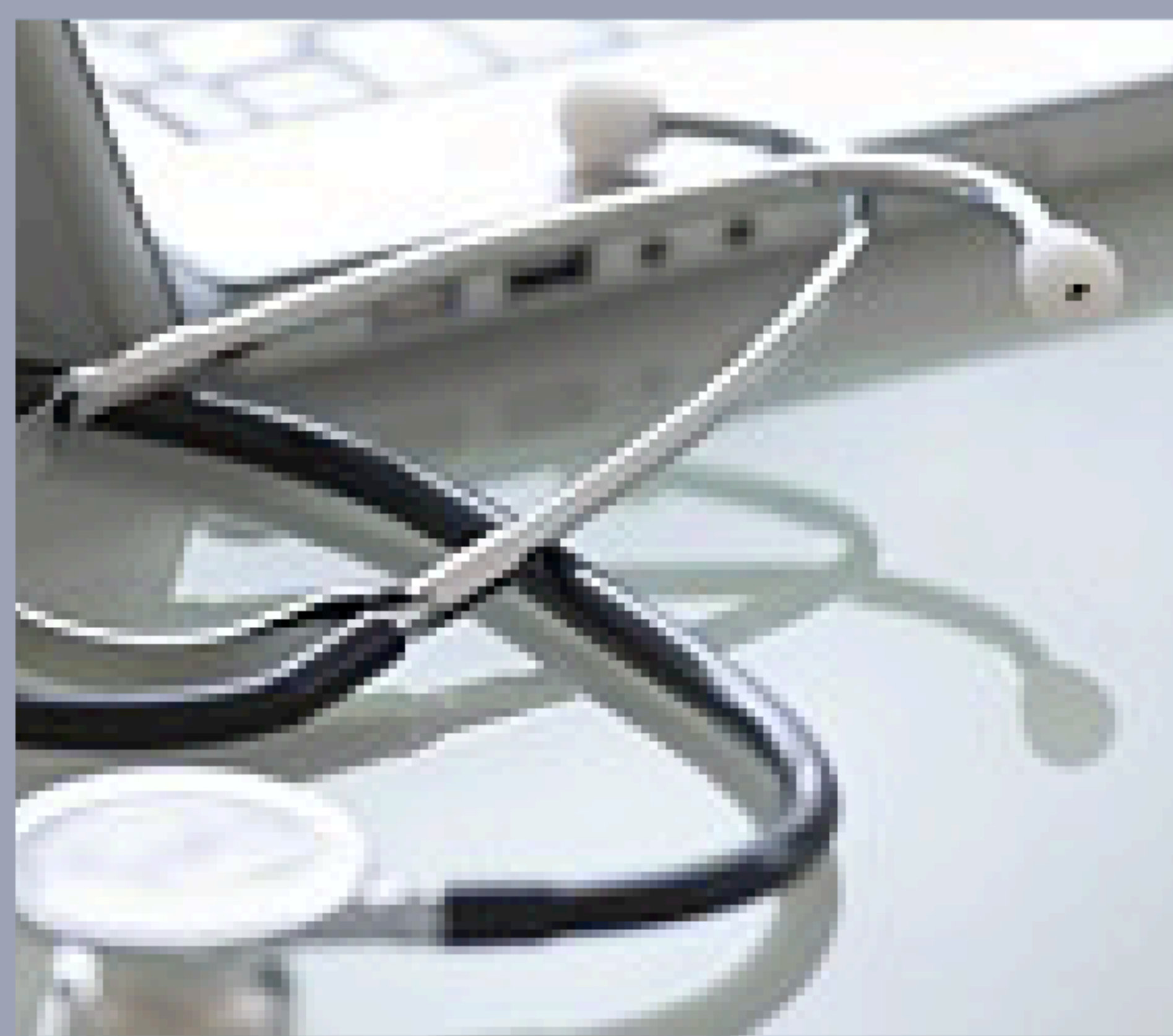


Exercise Physiology Initial Consultations

Our exercise physiology initial consults now incorporate Body Composition Scans as part of the consult. The total consult will now last 60 minutes and included in this is a thorough assessment outlining your goals, expectations and important outcome measures as well as a reduced fee body composition scan. Getting baseline measures of where you are at just like having blood tests or jumping on the scales are essential. We hope you appreciate this new initiative which will allow you to achieve your goals sooner.



DEXA Body Composition explained further

When it comes to evaluating body composition, DEXA scans are considered to be the gold standard. Most available techniques, such as skinfolds and tanita scales, employ a two tissue method that is derived from calculations. DEXA scans accurately measure the composition of each body region to show patterns of fat distribution throughout the body, and are based on a three tissue model including muscle, fat and bone mass.

DEXA scans are a simple but valuable tool that allow you to evaluate the effectiveness of your lifestyle modification. Whether it be weight loss or muscle strengthening, DEXA scans can measure changes in tissue mass over time to monitor your progress. This not only helps you to stay on track, but also ensures that your health support team can determine if they are reaching your goals.