

Comprehensive Fitness Assessment

The *Fitness Forever Comprehensive Fitness Assessment* is the first step to a new you. In full compliance with the C.H.E.K Institute's Practitioner Level 1 standards, this assessment is the most complete fitness assessment found anywhere in the Desert. The assessment includes:

- **A complete assessment of the abdominal wall.** The results of this assessment will determine the appropriate core conditioning program for you.
- **Postural analysis.** Posture is "where all movement begins and ends". Poor posture will result in poor biomechanics, stress overload and early degeneration of joints. Strength training in poor posture reinforces the poor postural habits, thereby accelerating postural related problems. The goal of the postural assessment is to include the appropriate corrective exercises and stretches in your exercise program to maximize your results.
- **Range of motion (ROM) testing.** For many clients, flexibility is more of an issue than their strength. Without good flexibility, compensatory movement patterns will result inevitably resulting in injury and pain. By determining which joints need stretching we will be able to select the best stretches for you to maximize your ability to move and minimize your chances of injury during work and sport.
- **Functional assessments.**

Plan on spending 90 minutes to really learn how your body is performing. Please refer to the [C.H.E.K Institute website](#) for additional information on the LEVEL 1 certification program.

A personal report of your comprehensive assessment is available for an additional charge.

Custom Fitness Program Design

It is said that failing to plan is planning to fail. Using the information gathered in your *Comprehensive Fitness Assessment*, your personal fitness plan will be developed whose sole objective is to get you to reach your fitness objectives as quickly and effectively as possible. Each program will be tailored to your goals, abilities, assessment results, time constraints and equipment availability and will include:

- **The BIG Picture: A meso-cycle periodization plan.**
- **Your First Step: A periodization plan for your current meso cycle.**
- **Appropriate stretches and mobilizations.**
- **Up to 3 sets of recommended exercises.**

Your fitness instructor will work with you to teach you to properly implement each stretch, mobilization and exercise with precision and perfect form.