



BodyAge

BodyAge \$40

BodyAge is a measure of the “age” of your body based on certain markers of health and fitness.

The POLAR BodyAge assessment is calculated using a variety of benchmark tests to give you your individual body age.

Benchmarks include:

- **Body fat % - measured by impedance**
- **Blood Pressure**
- **Heart Rate**
- **Biceps Strength Test**
- **Sit and Reach Flexibility Test**
- **Resting vo2 test - Cardio**
- **Nutrition profile**

The assessment is conducted by one of our certified personal trainers who will be able to answer any questions and explain all of the benchmark tests.

At the conclusion of your assessment, your trainer will explain your BodyAge. Ideally it is lower than your actual age.

Regardless of your initial BodyAge, your assessment will give you guidelines on how to reach your lowest attainable BodyAge, which coincides with optimal fitness and wellness,



Fitness Assessments



**To learn more about our
POLAR testing system
contact one of our Personal
Trainers or Fitness Director
Darren Inness at
darreni@airportclub.com**

Airport Health Club

432 Aviation Blvd, Santa Rosa, CA 95403



Assessments



The Airport Health Club is proud to be on the cutting edge of health and fitness assessment technology.

We are pleased to feature the Polar BodyAge system in order to provide you with fitness assessments that can help you maximize your workouts and attain your goals. The system is being used across the world, from the US Navy and professional sports, to health and fitness facilities like ours.

Assessments are an important part of any exercise program. Not only are they objective and show you how you are progressing. They can also be motivational, and give good information that lets you know if what you are doing is working. We offer a range of exercise assessment with our professional staff to help you set and achieve safe health and fitness goals.

To schedule any of our assessments contact Fitness Director Darren Inness at 521-2491 or darreni@airportclub.com



Single Assessment - \$10

Keep track of one aspect of your training program using our Polar program. Choose from one of the following:

Body Fat % - Impedance or body fat calipers

Strength - Bicep strength test

Flexibility - Sit and Reach

Cardio - Resting Vo2

Multiple Assessments - \$20

Keep track of multiple areas of your fitness program.

This includes:

Body Fat % - Impedance or body fat calipers

Strength - Bicep strength test

Flexibility - Sit and Reach

Cardio - Resting Vo2

