

THE LIFESTYLE FITNESS CENTER



# WELLNESS WORKS



May | June | 24

» News and information helping people make healthy lifestyle choices

## UPDATES



### Stay Up To Date

Sign up to receive text messages and or email alerts. See a membership representative for assistance.

### Cinco De Mayo Bash

Saturday, May 4, 2024

### Memorial Day Hours

Monday, May 27, 2024  
Open 6 AM- 7 PM

### Hydrostatic Weighing

May 4th and June 1st  
2024

### Member Referral Program

Bring Your Friends & Family to Visalia's Medically Based Health Club

For more information, contact (559) 624-3410.



### DID YOU KNOW???

The Lifestyle Fitness Center offers its members services to help them reach their health and fitness goals. Services that are included with the monthly membership fee include the Exercise Program Design, Fitness Profile Evaluation, Wellness Check, and Body composition via skinfold caliper. Fee based services include Whole Body Cryotherapy, NormaTec® Compression Therapy, Hydrostatic Weighing, and Ultrasound Body Fat Analysis. Fee based services are also available to non-members of The Lifestyle Fitness Center.



The Exercise Program Design is a 40- to 60-minute appointment to help you develop an exercise routine that is appropriate for you based on your current health and fitness level. During the program design, you will be shown how to set up and use the equipment being recommended for your exercise routine. Periodic follow ups will be scheduled to make sure you are comfortable with your program and make any changes necessary to keep you moving forward on your health and fitness journey.

The Fitness Profile is a 40- to 60-minute fitness assessment and is a great tool available to our members to help keep you on track and show you the progress that you are making. Assessments performed during the fitness profile may include the following: blood pressure/pulse rate, weight, circumference/body fat measurements (via skinfold caliper), submaximal cardiovascular test, muscular strength/muscular endurance test and flexibility test. Results will be reviewed with you and you will be given a copy to take with you.

The Wellness Check is a 20- to 30-minute appointment that includes a resting pulse rate check, a blood pressure check, and a total cholesterol and glucose screening via a finger stick. A 4-hour fast is required for this screening. We do also offer the option to do a full lipid panel that includes HDL/LDL cholesterol, Triglycerides, and Glucose with an 8-hour fast required for \$35.00 for members.

Skinfold caliper (free for members/\$20 guests), Ultrasound Analysis (\$30 for members/\$40 for guests), and Hydrostatic Weighing (first Saturday of the month and by appointment only for this method; \$30 for members/\$40 for guests) gives you more detail into how your body is changing with exercise as compared to just weighing on a scale. Taking advantage of this service will give you a ratio of lean weight and fat weight and will determine your body fat percentage.

Whole Body Cryotherapy is used to help relieve chronic pain, decrease inflammation, speed recovery time, increase athletic performance, and reduce delayed onset muscle soreness in a 3-minute session. A waiver and health questionnaire must be filled out prior to using the