

The Medical Fitness Difference

The Lifestyle Center is not your “typical” gym. We are a medically based fitness facility owned by Kaweah Health and are members of the Medical Fitness Association. No other gym in town has the staff or services that we offer to our members. As a Lifestyle Fitness Center member you have a staff of Exercise Physiologists available to assist you on your health journey. Services offered by the department include: Fitness Profiles, Program Designs; Body Composition via skinfold measurements, Hydrostatic Weighing (first Saturday of the month only, \$\$Fee), and Ultrasound Analysis (\$\$Fee); and Wellness Checks.

The Fitness Profile is a 45- to 60-minute fitness assessment and is a service included with your monthly dues. This is a great tool available to our members to help keep you on track and show you the progress that you are making. It may include the following: blood pressure/pulse rate, weight, circumference/body fat measurements,

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. If needed, suggestions and recommendations will be given. We recommend following up in 8 to 12 weeks to check in and see how your parameters are changing.

The Program Design is a 45- to 60-minute appointment to help you develop an exercise routine that is appropriate for you based on your current health and fitness level. Like the Fitness Profile, it is included in your monthly dues. During the Program Design, you will be shown how to set up and use the equipment being recommending for your exercise routine. If you would like advice or like us to review your current workout routine, we would be happy to do so. Members are encouraged to follow up and make changes as necessary to keep their workout interesting and keep the body challenged.

Body Composition can give you more detail into how your body is changing with exercise as compared to just weighing on a scale. Sometimes the scale may not change much but your clothes fit better or maybe you have to go down a size. This happens because your body composition has changed. Taking advantage of this service will give you your ratio of lean weight and fat weight as a percentage of body fat to determine if you are in a healthy range or not. We offer three reliable methods; skinfold caliper (free for members/\$15 non-members), Ultrasound Analysis (\$25 for members/\$35 for non-members), and Hydrostatic Weighing (first Saturday of the month and by appointment only for this method, \$25 for members/\$35 for non-members).

The Wellness Check is a 30-minute appointment that includes a blood pressure check and nondiagnostic total cholesterol and glucose screening via a finger stick and a 4-hour fast is required (Free for members/\$15 for non-members). Nondiagnostic full lipid panel screenings are also available but for a fee and an 8-hour fast is required (Total Cholesterol, HDL, LDL, Triglycerides, Glucose; \$30 members/\$40 non-members).

To schedule any of the above mentioned services, please visit the Fitness Desk or call the Exercise Physiology Department at (559) 624-3450.



Facility Etiquette

- The Family Locker Room was designed for use of individuals with children, as well as those of the opposite gender requiring assistance changing or showering. Please refrain from using the private changing/showering rooms in the Family Locker Room unless you have a special need so that they are available for those that truly need them.
- LifeFitness Circuit Series Guidelines; Please remember to not sit on equipment and perform multiple sets. Please refrain from performing the circuit out of sequence.
- Weight room etiquette; Refrain from sitting on equipment for multiple sets or from reserving equipment and allow others to work in-between rest periods.