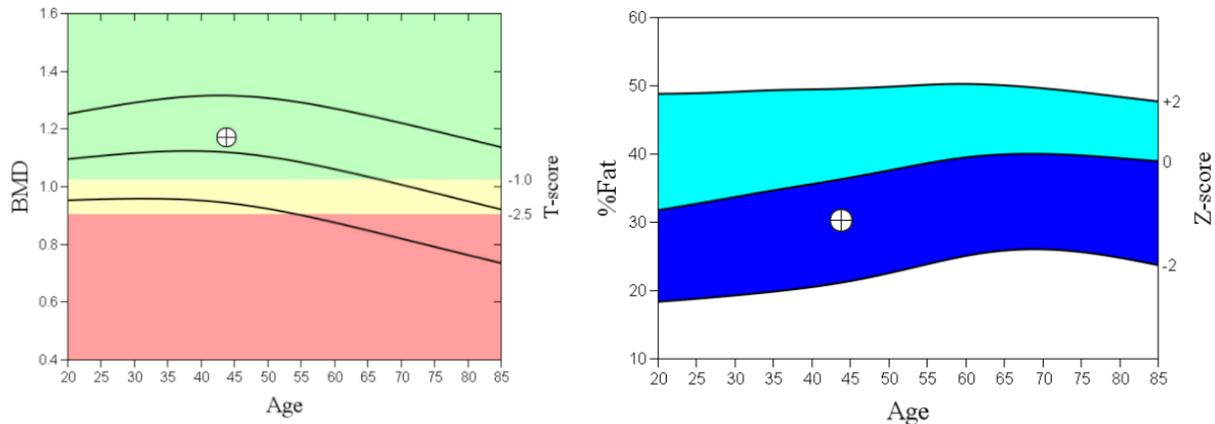


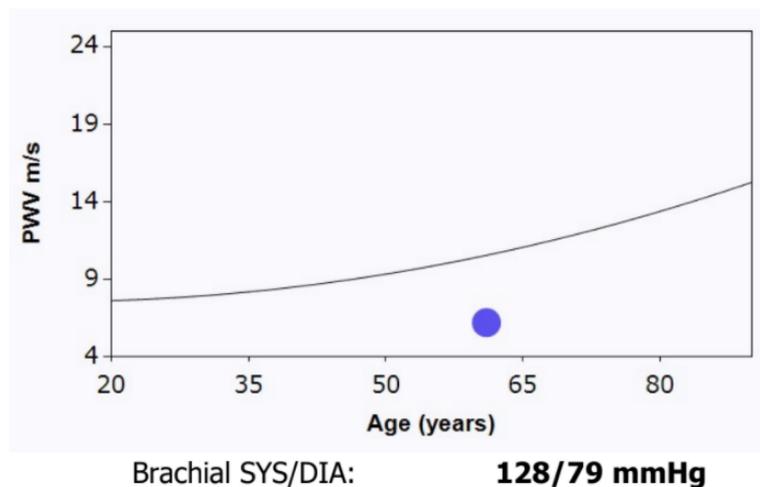
The **Body Composition** test measures the amount of fat, bone, and muscle in your body. Body composition will help you identify areas to work on to improve your overall health and fitness.

- A decrease in bone mineral density (BMD) will cause weakening of bones which may lead to bone fractures.
- High levels of fat mass, or high percentage of body fat (%Fat) is associated with increased risk for cardiovascular and metabolic disorders.
- An increase in muscle mass helps generate more force which may improve quality of life as well as sports performance.



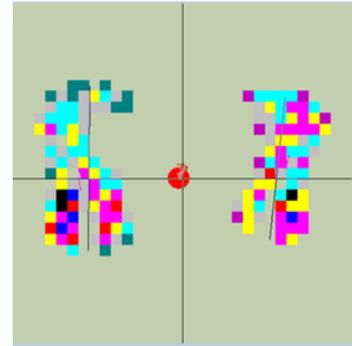
**Blood Pressure and Arterial Stiffness** are used to evaluate cardiovascular health.

- Arterial stiffness, measured by pulse wave velocity (PWV), is the best predictor of cardiovascular events and mortality, including individuals who have no signs or symptoms of cardiovascular diseases.
- It is important to measure both arterial stiffness and blood pressure as they are interconnected to each other. Stiff arteries result in higher blood pressure and high blood pressure increases arterial stiffness.



**Gait and balance testing** is used to measure your gait characteristics

- Difficulties with gait and balance are among the most common causes of falls and negatively influence quality of life.
- Falls are a major public health problem and we strive to make people aware of
- Measures how efficient your walking is and assesses your risk of falling.



**Metabolic testing** is used to measure energy expenditure and aerobic fitness.

- The resting metabolic rate (RMR) is the amount of energy (or calories) your body uses at rest to carry out bodily processes. RMR is a decisive factor in weight gain or loss. Once you know your RMR, you will be better equipped to understand the optimal amount of physical activity you need for shedding fat in order to reach your health and wellness goals.



- Aerobic fitness is the ability of your heart, blood vessels, and lungs to deliver oxygen to your muscles during exercise.
- Low aerobic fitness increases the incidence of cardiovascular diseases. Regular physical activity can increase aerobic fitness.
- A high aerobic fitness can improve your exercise capacity. A high exercise capacity helps you sustain physical activity for longer which can improve the quality of life and optimize sports performance.

Exercise Capacity  $V_{O_2}/Kg$  - mL/min/Kg

