

Evaluation: Your Fitness Profile

Has your fitness hit a **PLATEAU**?

How can you **MEASURE** your progress?

Need some **MOTIVATION**?

Use baseline measurements to strategize your **NEXT STEP** with the help of our team of experts!

Services available to members:

Wellness Evaluation	<ul style="list-style-type: none"> • 2-hour appointment • Includes a comprehensive look at your overall health and wellness (resting vitals, hearing, body composition, cardiorespiratory system, upper and lower body strength and flexibility). 	\$40 / \$100
Body Composition	<ul style="list-style-type: none"> • 30-minute appointment • Includes an iDEXA body composition scan and waist circumference measurement. 	\$12 / \$24
Exercise Prescription	<ul style="list-style-type: none"> • 60-minute appointment • Includes a movement assessment and personalized exercise prescription based on your interests and goals. 	\$25 / \$50
Body Composition AND Exercise Prescription	<ul style="list-style-type: none"> • 90-minute appointment • Includes an iDEXA body composition scan, waist circumference measurement, movement assessment, and personalized exercise prescription based on your interests and goals. 	\$35 / \$70

**Two pricing structures dependent upon individual insurance.*

For more information or to schedule an appointment, stop by the front desk or call 507-266-4688.

<http://dahlc.mayoclinic.org/hubcap/evaluation-services/>