



## PHYSICAL ACTIVITY EXPERIENCE

Measure and improve your physical conditioning with this data-driven assessment. Receive Mayo Clinic expert guidance that's personalized around your current starting point and your desired physical activity goals. Whether you are a new exerciser, a weekend warrior, or an everyday athlete, we can help you break through to the next level.



### BIOMETRIC EVALUATION

Tests blood pressure and blood values (cholesterol and glucose) in order to provide our team a snapshot of your current health status and risk of disease.



### PHYSICAL ACTIVITY PLANNING AND GOAL SETTING

Use the insights from your assessments to help you form goals for the future.



### BODY COMPOSITION SCAN

Accurately measures your bone density, percentage of muscle of fat and distribution using Dual-Energy X-ray Absorptiometry (DEXA) technology, so you can have the data to succeed.



### PERSONALIZED PHYSICAL ACTIVITY PLAN

Work with your team to create a physical activity plan that will help you break through to the next level.



### CARDIOVASCULAR FITNESS TEST

Assesses the amount of oxygen you use during exercise, allowing us to gauge your cardiovascular fitness level.

### SAMPLE SCHEDULE

#### Four-Hour Program

7-7:30 a.m.	Check-in
7:30-7:50 a.m.	Biometric Measurements (Fasting)
8-8:30 a.m.	Healthy breakfast
8:30-9 a.m.	Strength Assessment
9-9:30 a.m.	DEXA Body Composition Scan
9:30-10:30 a.m.	Movement Assessment
10:30-11:15 a.m.	Cardiovascular Stress Test
11:15 a.m.-12 p.m.	Assessment Review

#### Six-Hour Program

Add a guided exercise experience with a physical activity expert to help fine-tune your plan even further. Includes both breakfast and lunch.



### STRENGTH ASSESSMENT

Tests upper and lower body strength to provide you with appropriate goals to increase muscular strength and endurance.



### MOVEMENT ASSESSMENT

Assess elements of your functional movement including strength, posture, balance, core stability, and mobility.



### ASSESSMENT REVIEW

Discuss your results with Mayo Clinic experts and begin to identify your strengths and weaknesses.

The four-hour experience includes either breakfast or lunch, full-day includes both. Also enjoy access to healthy snacks and beverages, and use of our 4th floor fitness equipment, 5th floor locker rooms, and 7th floor lounge and outdoor patio.

**FOR MORE INFORMATION OR GUIDANCE ON WHICH OPTION IS BEST FOR YOU, CALL A PROGRAM ADVISOR AT 507-293-2933.**

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