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.

**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.

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

**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.

**PHYSICAL ACTIVITY PLANNING AND GOAL SETTING**
Use the insights from your assessments to help you form goals for the future.

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

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**SAMPLE SCHEDULE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7-7:30 a.m.</td>
<td>Check-in</td>
</tr>
<tr>
<td>7:30-7:50 a.m.</td>
<td>Biometric Measurements (Fasting)</td>
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<tr>
<td>8-8:30 a.m.</td>
<td>Healthy breakfast</td>
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<tr>
<td>8:30-9 a.m.</td>
<td>Strength Assessment</td>
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<tr>
<td>9-9:30 a.m.</td>
<td>DEXA Body Composition Scan</td>
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<tr>
<td>9:30-10:30 a.m.</td>
<td>Movement Assessment</td>
</tr>
<tr>
<td>10:30-11:15 a.m.</td>
<td>Cardiovascular Stress Test</td>
</tr>
<tr>
<td>11:15 a.m.-12 p.m.</td>
<td>Assessment Review</td>
</tr>
</tbody>
</table>

**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.

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.
Dan Abraham Healthy Living Center / 565 First Street SW / Rochester, MN 55902 / healthyliving.mayoclinic.org

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