

fitness testing

Why do a fitness test?

Establishing your current fitness level and capacity for improvement is crucial for setting and achieving your health and fitness goals. Our fitness experts can assess your strength, flexibility, cardio capacity and body composition. They can also develop a results-oriented exercise program based on your general health or sport-specific needs. We have fitness testing available at Parkgate, Ron Andrews, Karen Magnussen and Harry Jerome Centres.

Just call any one of our expert weight room supervisors on the opposite page to get more information.



We Offer the Following Services

Full Appraisal

Pre-screen testing questionnaires, comprehensive body composition/anthropometrics analysis, aerobic capacity analysis, postural and musculoskeletal analysis. Includes a detailed report, consultation and program design.

Mini Appraisal

Partial body composition analysis, aerobic capacity analysis, postural screen and musculoskeletal testing. Includes a revised detailed report.

Aerobic Capacity Analysis

Treadmill or Step Testing available with VO₂ sub maximal testing. Includes a detailed report.

Musculoskeletal Analysis

Includes posture analysis, grip strength, upper extremity and lower extremity strength and endurance testing, power and flexibility testing.

Body Composition/Anthropometric Analysis

Includes 11 skinfold site and 9 girth measurements, body mass index and % lean body mass. Includes a detailed report.

Fitness Appraisal Consultation

Have the results of your mini fitness appraisal or sub-appraisal tests applied toward goal setting and a results-oriented exercise program.

For prices see northvanrec.com