



Yavapai Combined Trust Wellness & Fitness Program

To Schedule: Choose Option 3

Screenings will take place on **Nov. 6-10 & 13-17** from **6am-12pm; M,W,F** & **12pm-6pm; T,Th**
BE SURE TO BRING YOUR BLOOD REPORT FOR A COMPREHENSIVE WELLNESS REPORT
Spaces limited. Click [HERE](#) to email your top 3 choices of appointment times.



We will conduct the following tests to determine your Fitness Age and Health Age. How old are you Really?

- ⇒ Vitals: Blood Pressure, Heart Rate and SPO2
- ⇒ Body Fat Analysis-Skinfold And Waist Measurement
- ⇒ Respiratory Analysis
- ⇒ Aerobic Fitness - Sub-Max. EKG Exercise Treadmill Test (to determine Max VO2)
- ⇒ Flexibility Assessment
- ⇒ One Minute Sit-Ups
- ⇒ Maximum Push-Ups
- ⇒ Physical Fitness Age Score
- ⇒ Lipid And Coronary Heart Disease Risk Profile (using your lab results)
- ⇒ Health Age Score
- ⇒ Computer Reports And Consultation