# **ORIENTATION**



#### **HEALTH AGE**

The Visual Fitness Planner (VFP) program calculates your chronological age against seven health risk factors to determine your true health age.

### HEALTH RISKS

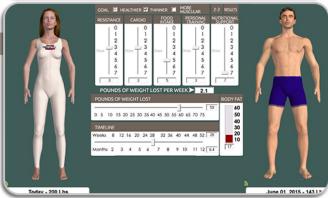
Our staff will utilize the VFP to determine your likelihood of contracting Type II diabetes, having a stroke, or developing cardiovascular heart disease or cancer.

#### **BODY TRANSFORMATION**

The VFP will motivate you by showing you a 3-D image of your body's potential change for weight loss and/or muscle growth.







## TRANSFORMATION PLAN

At your Goal Setting Assessment, you will receive a before and after print out that includes strategies for implementing a successful program to achieve your fitness goals.

Your complimentary assessment	(a \$100 value)	is scheduled for
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Date://_	Time:	:	am /	pm
Staff Member:				