



# ORIENTATION

## Athletic Performance

### 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:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_:\_\_\_\_ am / pm  
Staff Member: \_\_\_\_\_

