

MICROFIT® ASSESSMENT

Fitness is more than just a number on the scale. Using the **MicroFit® Interactive System**, the trained professionals at MCRD Fitness Center can provide patrons with a well-rounded fitness assessment. MicroFit® takes into consideration the following seven fitness components:

LIFESTYLE

The client will answer short questions about their diet, exercise regime, and lifestyle choices to determine health status and areas where improvement can be made.

BODY WEIGHT

Body Weight is a standard tracking measure, but used in conjunction with other fitness components it becomes a better tool for determining health.

BLOOD PRESSURE

Blood pressure is taken with a highly accurate automatic cuff. One of the key numbers to know, your blood pressure can alert you to other more serious health problems.

BODY COMPOSITION

A better indicator of fitness than body weight alone, body composition is taken from sevensite skin-fold measurements.

BICEP STRENGTH

As safer version of the one-rep max test, bicep strength is taken through an isometric test.

FLEXIBILITY

Back flexibility is measured through a sit-and-reach test. Flexibility is important for every day living and preventing injury.

Aerobic fitness is determined by a short ride on a bicycle ergometer test. The output combined with data from a heart-rate monitor estimates VO2 max, a measure of your ability to utilize oxygen when you exercise.

Based on MicroFit® Assessment results, our trainers can help patrons set goals, identify areas of improvement and recommend exercise and nutritional programs to better fit the patron's needs.

CALL THE FITNESS CENTER TO MAKE AN APPOINTMENT AT:

843-228-1563