

Silver Health and Fitness Appraisal

At **\$95**, the Silver Appraisal is priced to allow periodic assessments of your program throughout the year.

Fitness test results from the Silver appraisal are comprehensive and standardized so appropriate exercise can be prescribed, goals set, and improvement measured after health promotion initiatives are undertaken.

CitaHealth's kinesiologists will work with you to design a responsible program or you can have access to one of the most qualified fitness and nutrition professionals in Canada.

Maximal Treadmills Test for Accurate VO₂ Max

Instead of the sub-maximal CPAFLA step test, CitaHealth has replaced this aerobic component with a more accurate protocol on our medical-grade treadmill. This also allows for a more effective comparison to your more comprehensive annual appraisal.

Protocol and Report

Aerobic/Cardiorespiratory Fitness (VO₂ Max) on medical-grade treadmill

Detailed Health Risk Analysis

Lung Function (spirometry)

Musculo-Skeletal Fitness

- > Upper body strength and endurance
- > Abdominal functionality
- > Flexibility (related to low back pain risk)
- > Lower body power

Body Composition/Anthropometric Measures

Resting & Exercise Blood Pressure and Heart Rate Monitoring

- > Inexpensive and Effective Employee Wellness/Stress Management Tool
- > Employer: Report of Health Risk and Wellness of Group
- > Employee: Direction and Encouragement toward better health
- > Compliments online application Onlinefit.com
- > Convenient On-Site Testing
- > 24-hour support services

CitaHealth Management Inc. is an innovative provider of preventative health services for individual and corporate needs.

Join the many clients that benefit from our shared vision of preventative health.

CITAHEALTH
TOTAL HEALTH MANAGEMENT

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