

Valley Fitness Center Prescriptive Exercise Program
Lifestyle 365[©]

What is Prescriptive Exercise?

At Valley Fitness Center, we believe that education is the foundation to adopting a fitness routine. In conjunction with Technogym[®] My Wellness software, a certified Exercise Specialist develops a fitness program based on your Biometric Measurements, Fitness Assessments and SMART goals. This program allows you to work toward your fitness & wellness objectives on your schedule, with safe progressions through the guidance and constant contact of a fitness professional.

What assessments are involved?

Lifestyle 365[©] begins with screening and assessment which involves baseline measurements of:

- Height & Weight
- Body Composition
- Blood Pressure
- Resting Heartrate
- 7-site Circumference Measurement
- Aerobic Capacity
- Upper Body Strength
- Lower Body Strength
- Lower Body Flexibility

SMART Goals are assessed, ensuring that you are continually progressing toward meeting your goals and setting new objectives when initial goals are reached.

Biweekly touchpoints are coordinated with an Exercise Specialist [ES], ensuring that your program is hitting desired outcomes.

What tools will I need to be successful?

Lifestyle 365[©] includes a Technogym[®] SmartKey, which delivers your fitness program with recommended cardiovascular durations and speed, along with strength training volumes and intensities. Your assigned Exercise Specialist will provide you with extensive training on the SmartKey and the Technogym[®] Equipment included in your workout.

Creating an account on mywellness.com will allow your ES to create your personalized program. We recommend that you complete the Aspiration Map, to help your ES learn what activities you enjoy.

Downloading the MyWellness app from the Apple App Store or Google Store on your smart phone will allow you to track your activity when not in the gym.

We recommend that you purchase a Polar Heartrate Monitor, available online or any sporting goods store, to help you monitor your training heartrate and insure you are working within the desired range, based on your age and resting heartrate.

Comfortable running shoes, fitted properly, are recommended for your cardiovascular and strength training workouts. Shoes that don't fit your foot properly, or are worn out, can lead to muscular imbalances in the body, opening the door to foot, knee and hip injuries. Visit a local running store to be fitted for a shoe that can support your activity, taking your gait and natural motion of your foot into consideration.

Lifestyle 365© fee schedule

Compared to Personal Training, which can cost up to \$75 per hour, Prescriptive Exercise is a low cost option, still incorporating professional oversight and assessment while encouraging independence and personal accountability.

Basic Membership and Enrollment Fees

<i>Valley Fitness Center Enrollment Fee</i>	<i>\$75 per person</i>
<i><u>Lifestyle 365© Assessment Fee</u></i>	<i><u>\$74 per person</u></i>
<i>Enrollment Total</i>	<i>\$149 per person</i>
<i>Valley Fitness Center Monthly Rate</i>	<i>\$51.50+tax/month</i>
<i><u>Lifestyle 365© Prescriptive Exercise</u></i>	<i><u>\$39+tax/month</u></i>
<i>Monthly Total</i>	<i>\$90.50+tax/month</i>

Nutrition Workshops

Workshops on a range of nutrition topics are available to Lifestyle 365© clients at no extra cost

Second Thursday of the month from 12:15-12:45pm
 Fourth Thursday of the month from 5:15-5:45pm