

Evolve

Is your workout due for an annual checkup?

Our Annual Fitness Physical provides a personalized exercise prescription tailored to your unique needs.

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The Body Dynamics Annual Fitness Physical will create a custom plan tailored to your unique needs to support and encourage you through your fitness peaks, valleys, and plateaus.

Peaks, valleys and plateaus... our lives are full of them all. Have you been working out with us at Body Dynamics for more than a year? Do you wonder what progress you've made, or what you should focus on next?

Most of us don't think twice about getting an annual physical or seeing the dentist, eye doctor or various other health care specialists for our yearly checkups. But have you ever thought about an annual check up on your fitness level?

Perhaps your doctor has recommended more regular exercise, or maybe you have experienced a change of health status, an injury, or a surgery that has changed how you feel about working out. Is your physical therapy winding down, but you're not sure how you can maintain your progress? Or maybe this winter just has you feeling lethargic. You may be curious about what kind of exercise is appropriate for you, or where to find the motivation to start and the drive to continue.



Physical therapists and certified trainers will evaluate new and returning clients on our Annual Fitness Physical day.

It is because of questions like these, as well as Body Dynamics's goal of helping you reach your optimal health and wellness, that the Annual Fitness Physical was developed in 2009. A similar assessment has been used for many years at Body Dynamics as a one-on-one tool for all clients entering into the fitness program in our office. The program has proved effective in reaching more people in the community, as well as providing an avenue for current clients to check back on their progress on an annual basis. Our first screening day was held in April 2009 and since then we have held biannual fitness physical events, helping over 150 people in the last two years!

An annual checkup... for your fitness routine.

Whether a seasoned BDI client or a new comer, the Annual Fitness Physical holds a wealth of benefits. The evaluation consists of seven different areas of focus: health risk factors, posture and alignment, upper and lower body strength, flexibility, core strength, agility, balance and coordination, and aerobic endurance. All of the measurements are taken by BDI physical therapists and athletic trainers, or when appropriate, other members of our certified staff. We will also be assisted by students from local universities who are interested in health professions.

Once you have completed the evaluation stations, you will receive a summary of findings, sit down with one of BDI's physical therapists to discuss the results, and receive your personalized exercise prescription.. Your plan will give you recommendations about how to take control of your fitness safely and in the most effective, sustainable manner.

Our evaluation tool is not based on anecdotes or exercise fads. Rather, the information you will receive comes from population norms and evidence-based practices, blended with your input and the expertise and clinical reasoning of our physical therapists. You will walk out the door after just 90 minutes with a new or updated exercise packet that has been personalized just for you.

This evaluation usually costs \$175, but on March 12th, a special price of only \$99 is offered. No matter where you are in the fitness continuum, The Body Dynamics Annual Fitness Physical will create a custom plan tailored to your unique needs to support and encourage you through your fitness peaks, valleys, and plateaus.



Our staff measures strength, alignment, and flexibility along with 4 other areas of focus.

New Group Classes for Spring 2011



This winter we have been working hard to perfect our new online class system. We thank you for trying this out with us, and appreciate all of your feedback.

With our spring session right around the corner we have made a few changes to improve your registration experience. We will be offering more packages and combinations of gravity training and pilates, so you can take all the classes you love at the discounted prices you deserve. With so many options to choose from, spring is the perfect time to try something new!

Registration will be available online starting February 14th. If you have trouble signing up, please reference the how-to guide on our website homepage that answers frequently asked questions.