



Peak Performance Assessment

\$995

What's included?

- Blood Panel
 - CBC (complete blood count), Fasting Glucose (blood sugar), HbA1c (used to diagnose type 2 diabetes), Creatinine (kidneys), ALT + GGT (liver), Lipid Assessment (cholesterol), TSH (thyroid), Ferritin (iron)
- ECG
 - A simple test that records the electrical activity of the heart. Small sensors called electrodes are placed on the skin to detect and measure the heart's electrical signals. An ECG can help healthcare providers assess heart rhythm, identify certain heart conditions, and monitor overall heart health.
- DXA Scan
 - A DXA (Dual-Energy X-ray Absorptiometry) scan is the gold standard for body composition assessment, providing precise measurements of fat mass, lean tissue, visceral fat, and bone mineral density. Using advanced imaging technology, DXA delivers objective data to support informed decisions related to health, performance, and body composition goals.
- Visbody
 - The Visbody scan utilizes advanced 3D imaging technology to provide a detailed analysis of posture, alignment, movement symmetry, and body balance. This non-invasive assessment generates objective visual data that can help identify postural deviations and asymmetries, supporting more informed decisions related to exercise, rehabilitation, injury prevention, and overall physical performance.



- VALD - Movement Analysis
 - Our HumanTrak Assessment uses advanced 3D movement analysis technology to provide a detailed picture of how your body moves. In just a few minutes, the system evaluates your posture, balance, mobility, flexibility, and movement patterns, creating objective measurements that go beyond what can be seen with the naked eye.
- VALD - Strength Testing
 - Our DynaMo Assessment uses advanced handheld dynamometry technology to accurately measure muscle strength throughout your body. Rather than relying on subjective observations, DynaMo provides objective data that helps identify strength deficits, side-to-side imbalances, and areas that may be limiting your performance, recovery, or daily function.
- CardioCoach
 - The CardioCoach delivers simple and accurate fitness testing based on oxygen consumption. This data can be used as the foundation for customized exercise programs that truly meet the needs of the individual. The greater your VO_2 max, the more oxygen your body can consume, and the more effectively your body can use that oxygen to generate the maximum amount of ATP energy.
- Phone Consult with a Nurse Practitioner
 - Assess where you are starting from with one of our nurse practitioners, find risk factors from a medical perspective and determine medical clearance for personal training sessions.
- 3 Personal Training Sessions
 - With one of our kinesiology educated fitness professionals gain insight into your physical fitness and how to achieve your goals, specific to where you are right now in order to make a lasting attempt at lifestyle modification.

