

# FITNESS ASSESSMENTS

AT THE CENTRE FOR HEALTHY LIVING!

## SERVICES INCLUDE:

- ◆ **Aerobic Fitness Test**
- ◆ **Submaximal/ Maximal Metabolic (VO<sub>2</sub>) Exercise Test (with optional add on Blood Lactate Testing)**
- ◆ **Resting Metabolic Rate (Resting VO<sub>2</sub>)**
- ◆ **BodPod - Body Composition Assessment**
- ◆ **Wingate Test (30-Second Anaerobic Power Test)**

**PACKAGES  
AVAILABLE  
AS WELL**



FRIDAY JANUARY 31st  
FRIDAY FEBRUARY 21st  
FRIDAY APRIL 3rd  
Appointments Available from:  
9 am to 3 pm

Prices range from  
\$20-80  
for individual tests

Packages  
start at \$120

The Centre For  
Healthy Living  
A107  
NORTH CAMPUS

Assessments run by  
Exercise Science &  
Lifestyle  
Management  
students!

Call 416. 675.6622 ext 5055 or go to The Centre for Healthy Living North Campus- A107 to book