

Wellness

Fitness Testing

Let Deer Park Physical Therapy test your current level of fitness. Available fitness testing:

- Body fat/BMI
- Cardiovascular
- Strength
- Flexibility
- Balance
- Blood Pressure
- Heart Rate

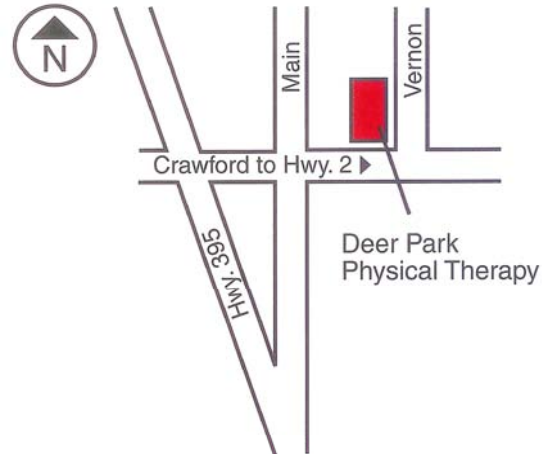


Financial Arrangements

Deer Park Physical Therapy charges approximately \$59.00 for the complete testing package. Ask for individual pricing and specific tests, if there is a particular area of testing that is of interest to you.

Expect to spend about 1 hour. Bring clothing for exercise.

Call 276-8811 for an appointment, or if you have questions concerning the testing

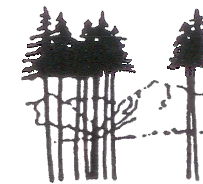


Fitness Testing



DEER PARK
PHYSICAL
THERAPY

Old City Hall Business Center
53 E. Crawford
P.O. Box 948
Deer Park, WA 99006
509/276-8811
509/276-5280 FAX



Deer Park
Physical Therapy

EXERCISE IS NOT JUST FOR ATHLETES

Today, there is growing emphasis on looking good, feeling good, and living longer. Increasingly, scientific evidence tells us that one the keys to achieving these ideals is fitness and exercise.

Exercise is not just for athletes. In fact, your're never too out of shape, too young, or too old to get started. Regardless of your age, gender, or role in life. You can benefit from regular exercise. If you're committed, exercise in combination with a sensible diet can help provide an overall sense of well-being and can even help prevent chronic illness, disability and premature death.

Deer Park Physical Therapy

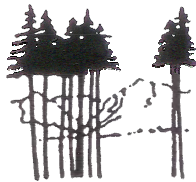
23 E Crawford PO Box 948

Deer Park, WA 99006

Phone: 509-276-8811

Fax: 509-276-5280

www.deerparkphysicaltherapy.com



Improved Appearance

- ✓ Weight loss
- ✓ Toned Muscles
- ✓ Improved posture

Increased Stamina

- ✓ Increased productivity
- ✓ Increased physical capabilities
- ✓ Less frequent injuries
- ✓ Improved immunity to minor illnesses.

Improved Wellness

- ✓ Increased efficiency of heart and lungs.
- ✓ Reduced cholesterol levels
- ✓ Increased muscle strength
- ✓ Reduced blood pressure
- ✓ Reduced risk of diabetes/heart disease
- ✓ Weight loss

Improved Sense of Well being

- ✓ More energy
- ✓ Less stress
- ✓ Improved quality of sleep
- ✓ Improved ability to cope with stress

What to Expect ...



Body Fat/BMI

Body fat and body mass index are determined via a skin caliper test taken at three different areas of the body. This is in three different areas for both men and women.

Cardiovascular

Cardiovascular abilities are gauged by a timed treadmill test assessing how far you can walk in the allotted time frame.

Strength

Strength is measured by a mechanical tool and compared to normative values as well as performing sit ups.

Flexibility

Flexibility is measured by a sit and reach test and then compared to normative values.

Balance

Balance is measured by a single leg balance test. Additional objects are used to challenge your balance as well as testing with eyes closed.

Blood Pressure

Blood pressure is observed through traditional stethoscope and blood pressure cuff.

Heart Rate

Heart rate is observed through a polar heart rate monitor while performing cardiovascular activity as well as traditional radial pulse observation.

