

— THE WAY WE SEE IT —

## Measuring For Success

At the core of ActiveEDGE's philosophy is knowledge is power. If that knowledge is specific to your needs, research and scientifically based, then this knowledge is a useful tool in shaping your journey for a healthy lifestyle. This is the driving force behind our signature and unique 7 point health risk assessment. This concept of objective measurements provides value to your experience at ActiveEDGE. The value lies in using this data for creating an individualized tool to shape your Plain in Motion and get you on an effective and efficient path. This is why we measure multiple areas.

These standardized and research based measurements provide reference points to your current fitness and ensure that we are making the best choices for moving your fitness forward in the right direction. How will we know if the corrective exercises, nutritional strategies and stretching movements are effective if we do not have a starting point and a means of marking objective progress?

Here is a brief overview of some of the measurements we use and advocate to shape your healthy lifestyle plan.

**Body Composition:** A tool for measuring the tissues in the body: Fat free tissues: (bone, muscle and connective tissue) and adipose (fat) tissue. ActiveEDGE utilizes a sophisticated scale which can segment this analysis in depth. Your report will show tissue distribution: (legs, arms and the area which has most impact on health: the trunk region).

**Functional Movement Screen:** "Put simply, the FMS is a ranking and grading system that documents movement patterns that are key to normal functions. By screening these patterns, the FMS readily identifies functional limitations and asymmetries. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness. This assessment generates the Functional Movement Screen Score, which is used to target problems and track progress. This scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns. Exercise professionals monitor the FMS score to track progress and to identify those exercises that will be most effective to restore proper movement and build strength in each individual."

**Heart Rate Training:** The key to making progress is to elevate your heart rate into the

correct training zone, so your effort matches your goals. A zone is simply a range of heart beats. Recent research has shown powerful benefits from exercising in several different zones to get maximum benefit. We offer 2 tools for determining heart rate: field tests on cardio equipment and VO2 max tests. In addition, we can discuss training zones to match your training goals.

**Daily Movement Tracking:** Daily movement is the second largest section of our daily caloric burn. It is vital to long term health because research shows that 30-45 minutes of exercises cannot "undo" 12-18 hours of sitting each day. We support and have available to purchase fitness trackers such as Timex x20 fitness bands. These devices are shown to improve overall healthy lifestyle by providing motivation and accountability. These devices have supportive software to help with setting and tracking goals. They also provide a point of comparison personally and referenced to age and gender specific norms.

**"Fun Tests":** ActiveEDGE knows it is vital to keep the workouts fresh and fun. We therefore, have several timed workouts or elements of the workout with time and/or distance, elevation or watts as goals. They follow our strength/corrective exercise followed by a "cardio component" format. This can provide a more broad spectrum assessment of your fitness and strength. Plus, its fun to have bragging rights to you fellow workout partners.

ActiveEDGE also does blood pressure, waist and hip circumference and ventilation tests.

**Schedule your testing or retesting today and let's make an individualized, specific plan!**

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