

FOR MORE  
INFORMATION  
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TEXAS  
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TOTAL  
WELLNESS

*Changing Minds.  
Changing bodies...  
CHANGING YOU!*

- ◇ Health-Related Physical Fitness Assessment
- ◇ Nutritional Assessment
- ◇ Exercise Prescription
- ◇ Adult Group Exercise Program
- ◇ Personalized Fitness Instruction, Pairs, and Small Group Training
- ◇ Body Size/Composition Assessment and Weight Management Guidance
- ◇ Athletic Performance Assessment

## TOTAL WELLNESS

### NUTRITIONAL ANALYSIS & RECOMMENDATIONS

A member of our team of nutritional experts will meet with your group and provide you with the tools necessary to reach a attainable and healthy body weight. Includes:

- ◇ 3-day diet analysis (nutritional and caloric content)
- ◇ Personalized nutritional design, based on sound guidelines, that is both sensible and easy to follow. Cost: \$50

### HEALTH-RELATED PHYSICAL FITNESS ASSESSMENT

People of all ages, body weights & fitness levels can be assessed for:

- ◇ Risk of cardiovascular disease
- ◇ Resting blood pressure and heart rate
- ◇ Body size and composition
- ◇ Cardiorespiratory fitness (gas analysis)
- ◇ Muscular strength and endurance
- ◇ Muscular flexibility

Results will be used to: 1) identify your fitness level, 2) determine your health status, & 3) help design an optimal exercise program. Cost: \$65

### GOAL SETTING AND EXERCISE PRESCRIPTION

Based on your health and fitness goals, our staff can prescribe an optimal exercise program to assist you in reaching your Total Wellness. Cost: \$25

## TOTAL WELLNESS

### PERSONLIZED FITNESS INSTRUCTION PFI'S

PFI's are one hour of instruction and support that will 1) Teach you the proper way to exercise; 2) provide you with a variety of innovative exercises; 3)help you expend the calories required for weight management; and 4)help you decrease your percent body fat and increase lean muscle mass.

Cost:

Private - \$30/session, or 4 sessions/\$100  
Semi-Private (2-3 clients) - \$20/session/client  
Group (3 or more): \$15/session/client

### ATHLETIC PERFORMANCE ASSESSMENTS & PRESCRIPTION

Our staff can assess and prescribe exercise to improve ones: Agility, Balance, Body Size and Composition, Cardiovascular Endurance, Coordination, Flexibility, Muscular Endurance, Muscular Strength, Power, and Speed. In addition to these physical components, our staff is knowledgeable the nutritional aspect of training and can provide additional guidance on sports nutrition feeding. Cost: please contact for individual pricing.

## TOTAL WELLNESS

### TOTAL WELLNESS: GROUP EXERCISE

Total Wellness is an adult exercise program from individuals of all ages, fitness levels, and goals. Your membership will include:

- ◇ A variety of innovative classes each week.
- ◇ Weekly e-mails with the exercise schedule as well as health/fitness tips!
- ◇ One-on-one consultations at the start and end of your program to measure body size/composition, set goals and measure results.

Cost: Less than \$25 per month, contact Carolyn for more details.

### BODY COMPOSITION TESTING & WEIGHT LOSS RECOMMENDATIONS

Percent body fat, waist, abdomen, hip circumference, and body mass index measurements will be assessed to determine health and weight status, to set weight management goals, and to design an optimal fitness/weight loss program. Cost: \$25

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For more information or for an appointment, please contact Carolyn Clay at 512-245-1972 or CC61@txstate.edu