



HEALTH LIFESTYLE ASSESSMENT INSTRUCTION

As a member of Island Health & Fitness you are offered a Health Lifestyle Assessment. This is optional and not required.

If you decide to participate in the Assessment process but terminate your membership within three (3) days of opening, you will be responsible for a twenty-five Dollar (\$25) fee.

DIRECTIONS:

- 1. Please answer questions #1 through #46** by filling in the box on the answer sheet (last page) that best corresponds to your answer.
(Questions #47 - #50 are reserved for measurements by an Exercise Physiologist.)

Then call us at 277-3861 to schedule an appointment for blood pressure, resting heart rate, and body composition measurements. This will take approximately 10-15 minutes. **YOU WILL NEED TO BRING YOUR COMPLETED ANSWER SHEET WITH YOU.**

Once we receive your completed answer sheet and perform the other required measurements, we will print your individualized Wellness Profile. We will then call you to set up another appointment for a Consultation with an Exercise Physiologist to discuss your results, your interests and goals, and make appropriate recommendations for exercise. If you engage in the Consultation but terminate your membership within three (3) days of opening, you will be responsible for an additional Ten Dollar (\$10) fee.

Once we have opened, you can schedule your initial "Equipment Orientation" session with an Exercise Physiologist to learn the equipment. You can do this by calling 277-3861 or by speaking with a staff member at the Front Desk to make the appointment. This too is optional and not required. An Exercise Physiologist will always be present on the exercise floor to help guide you in your exercise form and technique, answer your questions, and be available for safety concerns.

Thank You!
Island Health & Fitness Staff