



Programs & Services



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The LiveWell philosophy

encourages everyone to seek their highest level of well-being every day. Being healthy and fit is more than a trend or a passing fad. It does not happen by chance. It is a series of choices that becomes a way of living—*choose to LiveWell.*



The LiveWell Fitness Center has been specially created to support your journey to optimal health by offering a full spectrum of programs and services to enhance your current lifestyle. Our professional staff of exercise physiologists, licensed nutrition experts and aftercare specialists are available to help design an exercise and nutrition plan that will allow you to successfully meet your personal health and fitness goals.

Fitness Services

Fitness Profile

The Fitness Profile is a comprehensive fitness assessment that provides an ideal starting point for any new exercise plan or an opportunity for regular exercisers to check their progress. This session will provide helpful information to make certain that your exercise program is safe, effective and enjoyable. A health history will be taken, and you will complete muscular strength, flexibility, balance, (skinfold) body fat and muscular endurance tests. Your cardiovascular fitness will be assessed to establish your ideal aerobic exercise levels and heart rate ranges. Upon completion of the testing procedures, our exercise physiologist will interpret your results, help you establish personal fitness goals and address any concerns you may have. You will receive a computer printout, with our recommendations for your personalized exercise program. It is recommended that you complete a Fitness Profile every 6-12 months to check your progress and receive a new updated program.

Time: 75-90 minutes
Member cost: \$65 (\$55 when purchased with a personal training package)
Non-member cost: \$85

Sports Performance – Exercise Metabolic Assessment

Member cost: \$135
Non-member cost: \$155

Body Composition Analysis

It is well documented that body fat levels too high or too low can place your health at risk, but how do you determine what is an ideal goal weight for you? Scale weight alone will not provide adequate information as you need to have a better sense of your overall composition—how much weight is lean muscle, and how much is fat weight. Body fat analysis provides a great opportunity to better understand the quality of your overall body composition. Individuals who begin an exercise program or alter an old routine may notice a change in their appearance without a loss of weight. This is typically due to a loss of spacious fat and a gain in very compact

muscle. The only way to know for certain is to have your body fat levels measured. Our exercise physiologists are trained to assess body fat utilizing a variety of methods. The LiveWell Fitness Center offers the skinfold caliper method and state-of-the-art Bod Pod technology which works on the principle of air displacement and has a very high accuracy level. Contact the LiveWell Fitness Center for more details about the Bod Pod. Following completion of your assessment, you will receive a computerized printout of your results and recommendations for ideal goals.

Skinfolds:		Bod Pod:	
Time:	30 minutes	Time:	45 minutes
Member cost:	\$20	Member cost:	\$40
Non-member cost:	\$30	Non-member cost:	\$55

Personalized Exercise Training

The LiveWell Exercise Training Program provides a personalized approach to exercise programming. If you have never exercised before, or you never seem to see the results you desire, a personalized training session can help you succeed. As a new client, you will begin your program with a Fitness Profile session to assess your personal needs and establish realistic goals. Your exercise specialist will work with you to design a program that is not only enjoyable, but effective and highly motivating. Programming may include exercises to enhance cardiovascular endurance, muscle conditioning, flexibility, balance, posture, weight management, sports performance and strategies for adhering to your program. All of our exercise specialists hold degrees and certifications in exercise science or physical therapy as well as extensive experience working with diverse populations. Contact our reception desk for more information and to schedule your first session.*

Time:	60 minutes per session		
Member cost:		Non-member cost:	
Single	\$55 per hour	Single	\$70 per hour
Package of 3	\$150	Package of 3	\$195
Package of 6	\$290	Package of 6	\$370

*A current Fitness Profile (completed within six months of start date) is required to begin training. Receive a special membership Fitness Profile rate of \$55 with a training package purchase.

LiveWell Fitness Rehabilitation

The LiveWell Fitness Rehabilitation Program provides individuals with specialized one-to-one guidance from our highly credentialed staff. If you have a referral from a clinical rehabilitation program or are experiencing uncomplicated acute or chronic complaints, you would benefit from the assistance of our staff. We will work in combination with your personal physician or clinical rehabilitation specialists to customize your program. This program is not intended to replace a traditional physical therapy program or phase II cardiac rehabilitation, but it is intended to help you make a safe transition to self-sufficiency in the health-club setting.

Time:	60 min per session		
Member cost:		Non-member cost:	
Single	\$60 per hour	Single	\$75 per hour
Package of 3	\$165	Package of 3	\$210
Package of 6	\$300	Package of 6	\$390

Nutrition Services

Personal Nutrition Counseling

If you want to feel your best and get the best results out of your workout routine, Personal Nutrition Counseling is for you. This personalized service allows you to select the topics you wish to work on and select the times that are most convenient for your schedule. You will receive one-to-one guidance from our licensed nutrition experts who will provide you with the knowledge, skills and tools you need to achieve your goals. It includes a nutrition assessment where your current habits are evaluated and specific suggestions for improvement are made, according to your own individual needs and wants. You may purchase one session or combine several sessions to develop a more complete nutrition or weight loss program. The following are just a few of the topics you may wish to cover:

- long-term weight loss
- healthy eating in the fast lane
- sports nutrition
- how to avoid stress eating
- nutrition for kids
- supermarket smarts shopping
- quick and easy recipes
- do I need vitamins or supplements?
- making good habits stick
- personal computerized nutrition analysis
- positive goal setting
- nutritional management of chronic conditions
- vegetarian nutrition.

Member cost:	\$60
Non-member cost:	\$75

BodyGem™ Resting Metabolism Testing

Do you know how many calories you should eat and burn during exercise on a daily basis? State-of-the-art metabolic technology allows us to measure your resting metabolic rate, which is the number of calories your body burns each day at rest. This reading, along with additional calculations relating to your daily activity levels, will allow us to accurately assess your daily caloric needs. This is vital for anyone who desires to lose weight or maintain an ideal body fat goal. Balancing the number of calories you take in with the number you burn is one of the keys to achieving your personal goal. With a better understanding of your “burn rate,” you will be able to make educated decisions and take guesswork out of the equation. A licensed nutrition expert or exercise physiologist will administer the test, decipher the results and help you create a realistic action plan to achieve your goals.

Time:	60 minutes
Member cost:	\$75
Non-member cost:	\$90

Take Action Weight Management Program

The Take Action Program is a highly successful program of action for people who want to lose weight and keep it off. The 12-week Take Action Program was developed around extensive research on permanent weight loss. Participants learn the skills they need to manage their weight, including a regular program of exercise, healthy nutrition and lifestyle modification. Healthy habits are developed and reinforced through group support and weekly sessions covering nutrition and behavioral changes. The program also includes a Fitness Profile, personal nutrition consultation, resting metabolism measurement, personalized exercise training session and a comprehensive manual. Call the LiveWell Fitness Center for a current class schedule.

Member cost: \$299
Non-member cost: \$349

Take Action II

The Take Action II Program offers Take Action graduates the opportunity for continued growth in their knowledge of good nutrition and exercise principles. The program offers a supportive environment which will motivate them to continue implementing the healthy practices they have already learned. Weekly sessions provide new exercise, nutrition and behavioral modification information that is up-to-date and highly effective. Good health and weight management is a journey that requires ongoing effort and maintenance strategies. The Take Action II Program enhances each participant's efforts and increases the potential for successful attainment of their long-term personal goals. Call the LiveWell Fitness Center reception desk for a current schedule of fees and session dates.

Peak Nutrition Package

The Peak Nutrition Package is designed for anyone desiring a more complete nutrition plan than is possible to accomplish in a single session. Most individual's goals relating to weight loss or the establishment of good nutrition practices, require more professional interaction to fully address needs and to implement successful strategies for long-term success. Peak Nutrition incorporates high tech assessments to allow for more customized programming and a three tiered process to provide the appropriate amount and type of nutrition information along with strategies for practical implementation. Included in the package are the following:

- two Bod Pod – body composition assessments
 - one Body Gem – resting metabolism measurement
 - three personal nutrition sessions with a registered dietitian.
1. **Initial Nutrition Assessment and Base Plan** – learn about your nutrition needs and how to improve your eating habits for greater health and physical performance.
 2. **Follow up** – learn how to make adjustments to your initial plan and obtain more customized advice in order to reach nutrition goals.
 3. **Maintenance and strategies** – learn how to adapt and maintain your customized nutrition plan for the different scenarios and challenges that life presents.

Member cost: \$275
Non-member cost: \$310

Custom Packages

Burn Rate Package

Combine a high-tech Bod Pod body composition assessment with a Body Gem resting metabolism test and save with our special package price.

Member cost: \$110
Non-member cost: \$130



Total Body Package

Regardless of your health and fitness goals, exercise and nutrition alone are not enough. Learn from our exercise physiologists, nutritionists and personal trainers, how to successfully attain your goals of optimal health, weight management or sports performance. The Total Body Package will help you create the ideal plan that will optimize your body's metabolic potential. This package combines the highest level of assessment technology with the guidance of our expert staff. We have packaged the following offerings to provide you with a comprehensive plan: one Bod Pod body composition assessment, one Fitness Profile, one Body Gem resting metabolism test, one Personal Nutrition Consultation and three Personal Training Sessions.

Member cost: **\$315**
Non-member cost: **\$340**

Executive Fitness Package

Invest in your health by taking advantage of the most comprehensive fitness package available. We have combined all of our top level services into one complete package to offer a total fitness approach. You will benefit from the following components:

- Fitness Profile with measured VO2 max.
- Body Gem resting metabolism test
- Bod Pod, high technology body fat analysis
- one Personalized Nutrition Consultation
- three Personal Training Sessions
- Polar heart rate monitor
- pedometer and logbook.

Member cost: **\$420**
Non-member cost: **\$460**

Peak Nutrition Package

See Nutrition section for details.

Fit Step Walking Program

Many people feel they do not have time to fit the proper amount of exercise into their daily routine for good health benefits. The Fit Step Program is designed to help you evaluate your current activity patterns and provide the motivation and know-how to increase your daily activity levels. Walking is one of the most convenient forms of exercise to fit into your schedule as well as one of the easiest to track by using a pedometer. The program includes a pedometer, a personal consultation, 12-week log book, two skinfold body fat assessments and a reward for successful program completion.

Member cost: **\$60**
Non-member cost: **\$70**

Group Fitness Options

Group Fitness Classes

LiveWell Fitness Center provides cutting-edge Group Fitness instruction through a variety of formats that provide students with an opportunity to work at appropriate levels for any fitness goal. Classes are available at various times Monday through Thursday. Class formats change quarterly.

Ask a LiveWell staff member for details about current class offerings.

Members: **Free**
Non-members: **\$5**

W.O.W. - Work Out w/ Weights

The W.O.W. class is a four week program designed to introduce participants to a variety of strength training techniques including machine and free weights, tubing, stability ball, BOSU, and balance board. Emphasis will be placed on learning proper techniques and successful program design. The class meets one time per week in a small group setting. A body composition measurement and a comprehensive exercise manual are also included in the program. Call reception desk for current class times.

Member cost: **\$50**
Non-member cost: **\$70**



Health and Fitness Products

A variety of top-quality health and fitness products such as T-shirts, tote bags, exercise tubing, stability balls, heart rate monitors, pedometers, exercise logbooks, water bottles, headphones and more are conveniently available for purchase at our reception desk.

Prices are subject to change without notice. Contact the LiveWell Fitness Center reception desk at 612-863-5178 to confirm current prices and offerings.

