

The Dedicated Care Center



Personalized Fitness Consultation

As a member of the Dedicated Care Center, you are eligible for a no-charge personal fitness consultation with our personal trainer.



This is a 45 minute one-on-one fitness consultation by appointment. Each patient of the Dedicated Care Center can have one free consultation per year. Your evaluation is done by a personal trainer in a private exam room in our office.



The Microfit® evaluation includes:

- Sit and reach assessment
- Stationary bike assessment
- Push up assessment
- Body mass index calculation with explanation of fat ranges for various body types
- Resting & exercising heart rates
- Blood Pressure
- Individual exercise and nutritional recommendations to help obtain fitness/wellness goals

**The personal trainer will only do the tests appropriate for each patients' fitness level

You will leave with a copy of the results of your consultation and a copy will be shared with your physician. This is used as a screening tool for anyone who desires to start or change an exercise program. Patients should come dressed in comfortable, free moving clothing. To schedule your assessment, please contact your Patient Service Coordinator, or call 252-9300. Fitness goes hand-in-hand with healthy eating. Please also ask your Coordinator for more information on our nutrition seminars!