



## Body Composition Analysis

(30 minute appointment)

### Assessment Includes:

3 minutes in the BOD POD.

### You Will Receive:

Results printout that displays weight, body fat %, fat free mass %, body fat in pounds, fat free mass in pounds, and placement in the body fat rating table.

## Metabolic Testing

(45-60 minute appointment)

### Assessment Includes:

15 minutes of normal breathing under the canopy hood. Must stay awake!

### In the UYM class, you will receive:

Results printout containing your resting metabolic rate value and a caloric recommendation to either lose, maintain, or gain weight.

## Fitness Testing

(60 minute appointment)

### Assessment Includes:

9-12 minute VO<sub>2</sub> submaximal test on a treadmill or cycle ergometer, back and grip strength, posterior chain flexibility.

### You Will Receive:

Results printout with predicted VO<sub>2</sub> max value, heart rate training zones and calories burned during exercise.

Biometric measurements are included with all assessments.

\*\*\*All Assessments Require Fasting\*\*\*

## Individual Stress Management Training

(45 minute appointment)

### Assessment Includes:

45 minutes with one of our health educators in our relaxing blue room practicing deep breathing, mindfulness, meditation, progressive muscle relaxation, guided imagery and the Quick Coherence Technique.

### You Will Receive:

Insight into how well your body is actually managing stress.

## Health Assessment Review

(30 minute appointment)

### Assessment Includes:

Review of your responses to the AWC health and wellness questionnaire.

### You Will Receive:

Insight into your risk factors for cardiovascular disease and musculoskeletal injury. Guidance on what areas to improve upon.

## Unit Assessments

### Assessment Includes:

Body composition analysis, metabolic and fitness testing, Pittsburg Sleep Quality Index, Unit Assessment Results class.

### Units Will Receive:

Tailored recommendations based on individual results. These results and recommendations should be used to optimize performance of each Soldier and the unit as a whole.

## Health Coaching

(30-45 minute appointment)

Health coaching is a one-on-one session where you will have the opportunity to collaborate with any of our health educators at the AWC.

Possible topics for a health coaching session include:

Weight Loss

Muscle Gain

Tracking Food Intake

Optimizing Workout Plans

Developing Ideal Sleep Habits

Stress Management Strategies

Tobacco Education

Goal Setting

Overcoming Barriers and Obstacles

Accountability and Motivation

Developing and Sustaining a Healthier Lifestyle

## Health Education Classes

Upping Your Metabolism

Fueling for Health

Meals In Minutes

Healthy Sleep Habits

Stress Management

