

YCT HEALTH RISK & PHYSICAL FITNESS AGE PROGRAM "OPTION 3"



THE BELOW TESTS WILL BE CONDUCTED TO DETERMINE YOUR HEALTH & FITNESS AGE. HOW OLD ARE YOU REALLY???

- ⇒ BLOOD PRESSURE, HEART RATE AND O2% SATURATION
- ⇒ BODY COMPOSITION ANALYSIS-SKINFOLD METHOD
- ⇒ RESPIRATORY ANALYSIS
- ⇒ HEALTH AGE SCORE
- ⇒ AEROBIC FITNESS - SUB-MAX. EKG EXERCISE TREADMILL TEST (TO DETERMINE CARDIO FITNESS)
- ⇒ FLEXIBILITY ASSESSMENT
- ⇒ CORE STRENGTH/ENDURANCE – TIMED PLANK HOLD
- ⇒ MAXIMUM PUSH-UPS
- ⇒ PHYSICAL FITNESS AGE SCORE
- ⇒ COMPUTER REPORTS AND CONSULTATION



PRESCOTT LOCATION: YAVAPAI COLLEGE—1100 E. SHELDON ST. PRESCOTT, BUILDING 30 (HR CONFERENCE ROOM)

VERDE LOCATION: YAVAPAI COLLEGE— 601 W BLACK HILLS DR. CLARKDALE, BUILDING I (ROOM 137)

TIME: 1 HOUR APPOINTMENT TIME (ON THE HOUR START TIMES)

DATE: CHOOSE YOUR TOP **3** DAYS/TIMES FROM THE CALENDARS AND [CLICK HERE](#) TO SCHEDULE!

**** PLEASE BRING YOUR RECENT BLOOD TEST RESULTS TO YOUR APPOINTMENT FOR A MUCH MORE COMPREHENSIVE WELLNESS REPORT ****

November 2022

Mon	Tue	Wed	Thu	Fri
14 8AM-10AM 2PM-4PM	15 8AM-12PM 1PM-4PM	16 8AM-12PM 1PM-4PM	17 8AM-12PM 1PM-4PM	18 8AM-12PM 1PM-4PM
PRESCOTT LOCATION				
21 8AM-10AM 2PM-4PM	22 8AM-12PM 1PM-4PM			
PRESCOTT LOCATION				
28 8AM-10AM 2PM-4PM	29 8AM-12PM 1PM-4PM	30 11AM-4PM		
PRESCOTT LOCATION				

December 2022

Mon	Tue	Wed	Thu	Fri
		1 8AM-10AM 1PM-4PM	1 8AM-12PM 1PM-4PM	2 8AM-12PM 1PM-4PM
PRESCOTT LOCATION				
5 8AM-10AM 2PM-4PM	6 8AM-12PM 1PM-4PM	7 8AM-12PM 1PM-4PM	8 8AM-12PM 1PM-4PM	9 8AM-12PM 1PM-4PM
PRESCOTT LOCATION				
12 8AM-10AM 2PM-4PM	13 8AM-12PM 1PM-4PM	14 8AM-12PM 1PM-4PM	15 8AM-12PM 1PM-4PM	16 9AM-12PM 1PM-4PM
PRESCOTT LOCATION				VERDE LOCATION