

# Kinesiology Assessment

Your personal goals and fitness level shape your entire experience with us.

Whether you're battling persistent pain, concerned about staying active with age, or determined to perform at your peak, our kinesiology assessment offers personalized support for your journey.

**Here are three kinesiology assessment options<sup>1</sup> to choose from:**

## Movement



Kinetisense 3D motion capture camera<sup>1</sup> assesses movement efficiency to help prevent injuries, address issues early, and optimize performance.

This is a good fit for those navigating injury recovery or interested in learning about sustainable movement practices. You'll gain insights and information that could help you move with confidence and better protect yourself from future injuries.

## Strength & Endurance



Using VALD Force Decks and Dynamometers<sup>1</sup> we can precisely measure muscular strength and stamina to support healthy aging, injury prevention, and sustained physical activity.

Whether you want to celebrate your strength progress or fine-tune your approach, this assessment gives you the clarity you deserve. Your current routine will be assessed to see if improvements can be suggested.

## Aerobic Fitness



Evaluate your cardiovascular health, to train smarter, track improvements, and support long-term cardiovascular health.

Ideal for those seeking to better understand their cardiovascular health and fitness status. This assessment provides insights into your cardiovascular wellness and offers guidance that can help support your wellness goals.



## Here's how it works.

### 1. Comprehensive initial consultation:

An in-depth consultation to understand your specific needs and goals, ensuring you're matched to the most appropriate assessment options (movement, strength, or aerobic fitness).

### 2. Customized assessment delivery:

Implementation of your chosen assessment, tailored to your individual goals and functional ability level.

### 3. Extended results & action plan review:

A thorough discussion of findings and personalized recommendations, including exercise demonstrations and a clear follow-up plan.



## The best part?

This assessment is included in your Preventive Health Assessment (PHA) at no additional cost. Book your PHA appointment today and discover your body's full potential.

Footnotes: <sup>1</sup> Site Variations: Most locations offer the full technology suite. Our Nelson 101 and Ottawa Clinics provide traditional assessments using functional movement evaluation and standard gym equipment. Quebec City and Montreal use gym equipment instead of VALD strength assessment technology.