



Medical, Health & Fitness Evaluation

An in-depth, tailored assessment. Just for you.

Your health and medical evaluation is performed at ZGHI by an exercise specialist to determine your current fitness level based on a number of parameters; these include your Body Composition, Basal Metabolic Rate, and, if you are interested in enrolling in our Health & Weight Management Program, we need your heart rate responses and your VO2 Assessment.

Should you enroll in the ZG KEY® 5 or 10 Week Health & Weight Loss Program, this assessment information, along with your VO2 results, and your self-reported medical history/recent activity survey, beginning lab work (optional*), and your physician's referral are reviewed by Dr. Madge Zacharias and the ZG Exercise Science staff in order to design a customized fitness program specifically for you, based on your health, beginning fitness level, your personal goals, and around any medical limitations you may have. Your personal program will include your recommended daily calories, ideal weight goal, and cardio machine use recommendations, along with any program modifications based on medical limitations. The results become part of your ZGHI personal notebook, giving you a beginning fitness baseline to compare to your end results, and becomes an educational tool during the ZG KEY® 5 or 10 Week Medical lecture series, where each of these important diagnostic numbers and measurements are explained in depth.



An exercise specialist is always here to administer a free health and fitness assessment.



The assessment is repeated at the end of your ZG KEY® 5 or 10 Week Program, and at 3 month intervals thereafter, and thus becomes your baseline comparison to chart your progress as you move closer towards your health goals.

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The Testing Process Simple. Quick. Painless.

Body Measurement

An exercise specialist first performs a Body Measurement Composition (height, weight, neck, arm, wrist, chest, hip, leg and calf circumference, blood pressure, and resting heart rate).

The InBody® BIA Bioelectrical Impedance Analysis Machine

This highly specialized machine measures the impedance of each segment of the body at multiple frequencies to determine the BMR Basal Metabolic Rate, the ECW/TBW Ratio, BMI, Percentage of Body Fat, and Segmental Lean Development. An exercise specialist administers the test and provides you with an instant analysis of the results.



InBody®: BIA Bioelectrical Analysis, including a Body Composition Analysis (weight, lean body mass and body fat mass), Body Water Balance (intracellular water, extracellular water, and total body water), Obesity Diagnosis (BMI, or body mass index, and percentage of body fat), and Segmental Lean Development

VO2 Assessment

VO2 Max is a measure of Cardio-Respiratory endurance or aerobic exercise capacity. Your VO2 max will be estimated with sub-max VO2 testing. This test is supervised and administered by an exercise specialist using a treadmill (or NuStep** exercise bike where indicated). You will need to wear comfortable walking shoes, tennis shoes or athletic shoes.

*Lab work desired but not required for the ZG Healthy Weight loss programs. 8 hour fasting blood sugar, lipids profile and A1c preferred. Labs can be provided from YOUR physician or done at ZG Key Medical for a cost of \$60.
**Hospital grade therapeutic recumbent exercise bike designed to reduce stress against joints; less joint resistance