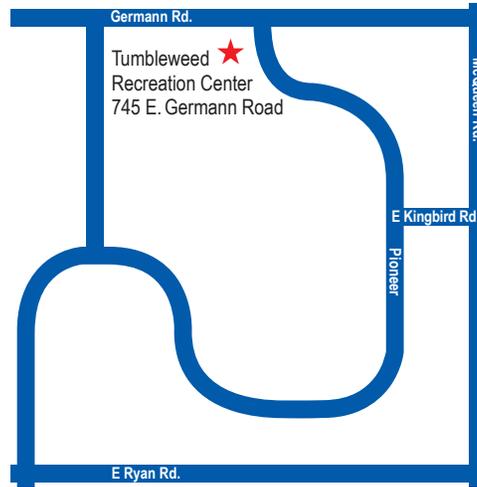


Make your body age younger!

Stress and life style choices can speed up the aging process and these stressors can make your biological age older than it really is.

In under an hour, the Body Age Assessment will provide you with a written report on your biological age compared to your chronological age as well as recommend ways to lower your body age.

Sign up for an assessment today and find out just how healthy your body can be!



Tumbleweed Recreation Center
745 E. Germann Road
Chandler, Arizona 85286
Phone: 480-782-2907
Fax: 480-782-2929
E-mail: linda.ayres@chandleraz.gov



Chandler • Arizona
Where Values Make The Difference



Body Age™ Assessment Price List



Chandler • Arizona
Where Values Make The Difference

Tumbleweed Recreation Center BodyAge™ Assessment



How good would it feel to drop a few pounds or lose a couple of inches off your waist?

How would you feel if you looked and felt younger? Well, you can do it and the Polar BodyAge™ System can help!

The BodyAge™ assessment will tell you where you are today,

give you a benchmark to measure your progress, and tell you how to lower your body age.

"The Polar BodyAge™ System can help lower your body age."



The BodyAge™ System in use at the Tumbleweed Recreation Center

Price List

Quick BodyAge™ Assessment

Resident fee: \$25 Non-resident fee: \$32

- Requires a few questions and easy tests
- Blood Pressure
- Weight and Height
- Body Composition

Initial BodyAge™ Assessment and Report

Resident fee: \$50 Non-resident fee: \$63

- Requires a detailed lifestyle report
- Fitness Evaluation
- Body Composition
- Blood Pressure
- Weight and Height
- Strength and Flexibility
- Cardiovascular Fitness



6 to 8 Week Follow-up Assessment

Resident fee: \$25 Non-resident fee: \$32

- Same as above assessment

Heart Rate Monitor

Resident fee: \$173

- Polar F-11
- Free BodyAge™ Assessment and watch download with purchase

The BodyAge™ System lets you download your exercise sessions from the Polar F-11 Heart Rate Monitors!



Initial BodyAge™ Assessment with Program

Resident fee: \$60 Non-resident fee: \$75

- Cardiovascular and Strength Workout Included

Initial BodyAge™ Assessment with Advanced Program

Resident fee: \$65 Non-resident fee: \$82

- Cardiovascular, Strength and Nutrition Program Included

Questions?

Contact Linda Ayres at 480-782-2907 or via e-mail at linda.ayres@chandleraz.gov.



TRC Tumbleweed
RECREATION CENTER