



# LIVEWELL HEALTH

## LONGEVITY WELLNESS ASSESSMENT

Longevity is about quality, not just quantity. It's about living a full, vibrant life for as long as possible. To track your journey and see real improvement, it's important to collect various health metrics along the way. That means ensuring you're not just adding years to your life, but also enhancing the richness of each one.

### Cardiovascular Health via SMART Test

Sub-Maximal Effort to Identify Metabolic Flexibility

Predicts  $VO_2$  Max & Measures Thresholds

Includes Recalibration for Impactful & Continuous Progress

### Strength Testing via VALD ForceDecks & DynaMo

Upper & Lower Body Functional Strength

Individual Joint Strength to Identify Asymmetries

Hand Grip Strength

### Stability testing via VALD ForceDecks

Static Balance in Multiple Scenarios

Range of Stability

Dynamic Preparedness

The assessment emphasizes four pillars, each of which occur in everyday life, contributing to improve our ultimate goal, improving one's healthspan. The four pillars include strength, stability, anaerobic capacity & aerobic efficiency. Our ultimate goal is to put you on a path to reduce dependability on medications, reverse health conditions such as diabetes, high blood pressure and elevated cholesterol.

# LONGEVITY WELLNESS ASSESSMENT PACKAGES

## **BASIC - \$550**

SINGLE TEST COMPLETED (METABOLIC & STRENGTH)

ACCESS TO OVAL

INDIVIDUALIZED CARDIORESPIRATORY PLAN AND STRENGTH RECOMMENDATIONS

## **OPTIMAL - \$1,150**

THREE TESTS COMPLETED WITHIN CALENDAR YEAR

ACCESS TO OVAL & HEART RATE MONITOR TO TRACK PROGRESS

INDIVIDUALIZED CARDIORESPIRATORY PLAN AND STRENGTH RECOMMENDATIONS

ACCESS TO A LA CARTE PERSONAL TRAINING SESSIONS

## **PREMIUM - \$1,500**

FOUR TESTS COMPLETED WITHIN CALENDAR YEAR

ACCESS TO OVAL & HEART RATE MONITOR TO TRACK PROGRESS

INDIVIDUALIZED CARDIORESPIRATORY PLAN AND STRENGTH RECOMMENDATIONS

ACCESS TO A LA CARTE PERSONAL TRAINING SESSIONS