

Body Age

This revolutionary body assessment will give you an accurate evaluation of your overall health and fitness.



Polar BodyAge compares your calendar age versus your body age and helps determine what is a realistic healthy age to achieve. The technology also gives you a visual timeline illustrating how long it will take to literally add years to your life.

Our TRC staff will help you embark on the road to a healthier lifestyle. So get ready to discover a leaner, more radiant and younger you!

Call Barbara Matthews at 480-782-2907 to schedule an appointment.

Services

Quick Assessment - Short questionnaire and body composition, weight, height and blood pressure tests. \$25

Initial Assessment and report - A detailed lifestyle report, fitness evaluation, strength and flexibility and cardiovascular tests \$50

Heart Rate Monitor - Polar F-11 watch and assessment \$172.50

Initial Body Age Assessment with Program - Cardiovascular and Strength workout included \$60

Initial Assessment with Advanced Program - Cardiovascular, strength and Nutrition program \$65