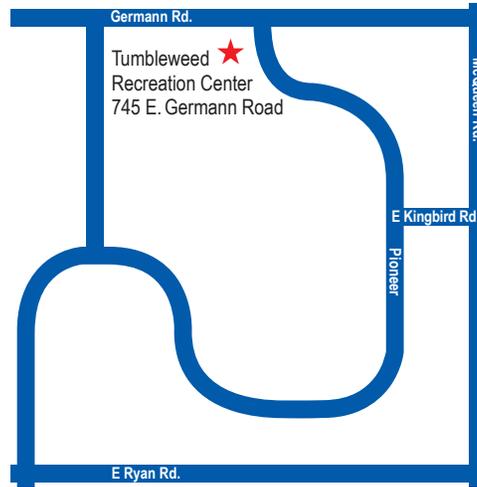


# Make your body age younger

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: [barbara.matthews@chandleraz.gov](mailto:barbara.matthews@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      Non-resident fee: \$217

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



#### 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 Barb Matthews at 480-782-2907 or via e-mail at [barbara.matthews@chandleraz.gov](mailto:barbara.matthews@chandleraz.gov).



**TRC Tumbleweed**  
RECREATION CENTER