

Initial Assessment Options

- 1** Consultation, ECG monitored exercise test, strength measures, exercise programme
Assessment duration: 60 minutes
Assessment cost: \$250
- 2** Consultation, **ECG monitored exercise test with gas analysis**, strength measures, exercise programme
Assessment duration: 90 minutes
Assessment cost: \$500

A **DXA body composition scan** can be added to either of these assessment options for an additional \$200.

Supervised Exercise Sessions Options

- 1** 30 minute exercise session supervised by a Clinical Exercise Physiologist
10x concession card: \$450
Single session cost: \$50
- 2** 60 minute exercise session supervised by a Clinical Exercise Physiologist
10x concession card: \$720
Single session cost: \$80

You will also be provided with a home-based programme for exercise sessions outside of The ExerScience Clinic

Follow-up Assessment Options

Post-programme testing is optional, but recommended to track your progress and provide the Clinical Exercise Physiologist with information to prescribe your ongoing exercise programme.

Post-programme testing options and prices are the same as the initial assessments above.

Exercise Test

- An ECG monitored exercise test with gas analysis, also known as a cardiopulmonary exercise test (initial assessment option 2) is the most accurate way to measure your aerobic fitness.
- This test can be done on a cycle or treadmill.
- During the test we obtain a measure of your VO₂max which is the highest rate of oxygen uptake that your body can achieve during exercise.
- Research has found that a high VO₂max reduces the risk of premature death from all-causes and heart disease.
- You will be wearing an electrocardiogram (ECG) device which allows us to monitor your heart rate, as well as its electrical activity during exercise.
- You will also be breathing through a face mask during the exercise test so we can collect and analyse your expired air - this is how we are able to measure your VO₂max.
- An ECG monitored exercise test (initial assessment option 1) without gas analysis will only provide an estimation of your aerobic fitness.

DXA Body Composition Scan

- The DXA scan provides a gold-standard measurement of your total body fat percentage as well as your muscle mass. It even breaks these measures down to specific body regions!
- The results from the DXA scan provide you with more meaningful information than just bodyweight on the scales alone.
- From this scan we can assess your overall Bone Mineral Density which can provide us with a snapshot of your bone health.
- A unique feature of our scanner is its ability to measure your Visceral Adipose Tissue. This is the dangerous fat surrounding your internal organs and is associated with several diseases such as obesity, type 2 diabetes and cardiovascular disease.

Supervised Exercise Sessions

- All exercise sessions are fully supervised by a Clinical Exercise Physiologist to ensure your safety and to help motivate you.
- The ExerScience Clinic operates on a 1:1 to 1:3 staff to client ratio.
- Your blood pressure, heart rate and exercise response will be monitored during each exercise session.
- Your exercise programme will be reviewed following each session to ensure ongoing progression and variation.