



Dear Prospective Member:

If you are interested in joining the Adult Functional Training Program, please make an appointment for a Health Screening and Fitness Evaluation by calling (862)248-0861 between 9:00 am and 5:00 pm.

To optimize the results of your fitness evaluation, please do not drink alcoholic or caffeinated beverages, or smoke 2 hours prior to testing. Water and decaffeinated beverages may be consumed. Take all medications as prescribed by your physician

You will be exercising during your fitness evaluation, so please wear loose, comfortable workout clothes as well as sneakers, At the time of your evaluation you MUST HAVE :

- Physician's Clearance Form
- Health/ Medical Questionnaire
- Cardiovascular Risk Profile
- Payment in full for the first month and membership fee
- Make check payable to: Optimum Health & Fitness LLC or pay online at www.optimumhealthgroup.org

The Fitness evaluation will take approximately one hour and 15 minutes to complete. At this time an appointment will be scheduled for presentation of results, as well as your individualized exercise prescription.

Sincerely,
Optimum Health & Fitness Staff