

# BAYSPORT

## PREVENTIVE MEDICINE SERVICES

### **Blood Lipid Profile**

A fingerstick or venipuncture testing for total cholesterol, HDL, and LDL-Cholesterol, triglycerides, and glucose. Additional blood studies are available through LabCorp to supplement medical services.

### **Resting Energy Expenditure**

Metabolic determination of daily caloric expenditure.

### **Maximal Oxygen Consumption (VO<sub>2</sub>max)**

The gold standard measurement of aerobic capacity, this test includes VO<sub>2</sub>max, ventilatory anaerobic threshold, training prescription and follow-up consultation.

### **Treadmill Evaluation**

Diagnostic cardiology interpretation. Additional VO<sub>2</sub>max testing is optional.

### **Complete Fitness Profile**

Comprised of a treadmill evaluation (physician interpretation), resting and exercise electrocardiogram, body composition, muscular strength and flexibility, blood lipid profile, lung function test and two (2) follow-up consultations. Additional VO<sub>2</sub>max testing is optional.

### **Medical Check**

This program is designed to provide participants with a medical check prior to vigorous exercise. Includes, physical examination, submaximal treadmill evaluation, body composition, complete blood profile and urinalysis, lung function test, and follow-up consultation.

### **Complete Medical Profile**

The Bay Area's most comprehensive executive physical examination. Consist of a comprehensive physical examination, treadmill evaluation, resting and exercise electrocardiogram, body composition, muscular strength, and flexibility, complete blood profile and urinalysis, lung function test and two follow-up consultations. Additional VO<sub>2</sub>max testing is optional.

### **Physical Therapy**

Specializing in rehabilitation of sports, orthopedic and work-related injuries. Programs include complimentary injury checks and injury prevention seminars. Most insurance accepted.

*Custom Packages Available*

### **CLINIC LOCATIONS**

**BaySport at  
Bank of the West Bldg.**  
180 Montgomery St., Ste 2380  
San Francisco, CA 94104  
415.901.9090  
Fax: 415.901.9091

**BaySport at  
Courtside Club**  
14675 Winchester Blvd.  
Los Gatos, CA 95030  
408.395.8851  
Fax: 408.395.8841

**BaySport at  
Decathlon Club**  
3250 Central Expressway  
Santa Clara, CA 95051  
408.738.3200  
Fax: 408.738.1870

**BaySport at  
Pacific Athletic Club**  
200 Redwood Shores Pkwy.  
Redwood City, CA 94065  
650.593.2800  
Fax: 650.593.0152

[www.BaySport.com](http://www.BaySport.com)

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Contact a BaySport location nearest you for more information or to schedule an appointment.

