

About Us

The Firm

BaySport Incorporated.

The Services

From patient treatment to corporate fitness center management, our services are tailored to meet the individual needs of our clients or the sponsor organization.

The Mission

Our mission is to provide simply the best fitness, cardiovascular disease prevention and injury management services for individual and corporate clients.

The Experience

Our track record in the industry is proven with an extensive list of clients that range from professional athletes to Fortune 100 companies.

The Team

Our physical therapists, exercise physiologists, athletic trainers and wellness specialists have established a strong reputation for a personalized "can-do" approach to business.

The Offices

With office locations in premiere athletic clubs or corporate fitness centers, our participants have access to training facilities that are unmatched.

The Technology

From online accessibility to state-of-the-art medical equipment, we set the industry standard in meeting our clients' needs with the latest technological advancements.

As always, custom packages available



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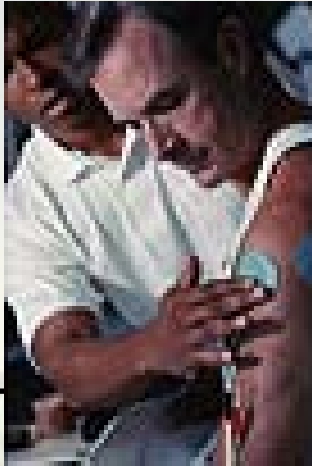
www.baysport.com

Visit us on the web: www.baysport.com



Physical Therapy
Preventive Medicine
Corporate Fitness





Directed by physical therapists, BaySport's **Functionally-based Rehabilitation Program**

BaySport Preventive Medical Group and Exercise Physiologists combine the latest in medical technology with personalized attention to help participants identify risk factors for disease, improve overall health and enhance athletic performance. We have identified a list of programs based upon over 20 years of experience with corporate clients and our strong desire to serve the health and wellness needs of our clientele.



BaySport Physical Therapy provides programs for the prevention and treatment of sports, general orthopedic, and work related injuries, utilizing the latest medical advances and treatment techniques. Our highly trained staff offers the individual attention and personalized care required to enable the fastest return to optimum health and function.

Each BaySport clinic is located within state-of-the-art athletic facilities that have complete lines of cardiovascular fitness and strength training equipment and full service locker/shower areas. In addition, our extended hours of operation provide convenient access for participants from the peninsula or south bay.

- Individual Attention in the Treatment of Sports and Work Related Injuries
- Injury Prevention Programs (Clinic and Worksite Based)
- Complimentary Injury Screening Programs
- Ergonomic Education and Assessment Programs
- Back Education
- Pool Therapy Programs
- Pilates Apparatus Rehabilitation

Most insurance plans accepted. Check with local BaySport office for program availability

Preventive Medicine

Cardiovascular Health plays a major role in modifying risk factors for heart disease, improving athletic performance and reducing the risk of injury. BaySport's Preventive Medical Group and Exercise Physiologists combine the latest in medical technology with personalized attention to help participants define, and then attain, their health and fitness goals. We have identified a list of programs based upon over 20 years of experience with corporate clients and our strong desire to serve the health and wellness needs of our clientele.

- Physical Examination Programs
Executive - Medical Surveillance
DMV - Sports Team - Life Insurance
- Complete Fitness Profiles
- Cholesterol Screening (Immediate Results)
Intervention Program for High Risk Clients
- Complete Blood Panels
- Sophisticated Blood Lipid Profile (Berkeley HeartLab)
- Exercise Testing
Diagnostic Treadmill Stress Test with Physician Interpretation
Maximal Oxygen Consumption (VO₂Max)
- Resting Energy Expenditure (Includes Body Composition Measurement)
- Nutrition Services



Current strategies for successful business management require employers to focus on containing employee medical costs and maximizing productivity. Research has shown that injury prevention and health improvement programs instituted at the workplace can help to curb these costs, increase productivity and improve employee morale.

- Corporate Fitness Center Design and Management
- Group Exercise / Sport and Recreation Programs
- Chair and Full Body Massage
- Corporate Wellness Strategies / Program Development
- Back Injury Prevention, Workstation Ergonomic Evaluations
- Worksite Health Screenings
- Wellness Seminars, Health Fairs, Special Events



This online BaySport service is designed to support the health and wellness needs of a corporate client. An ideal tool for serving a multi-site corporation, www.efitcenter.com incorporates the latest technological advances to offer clients an interactive experience that targets their specific interests.

- Obtain management reports to justify programs!
- Online Health Risk Assessment!
- Cool, current and correct health information!
- Find out the latest research news!
- Participate in exercise incentive programs!
- Online health and fitness coaching!

