

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 (VO₂max)

The gold standard measurement of aerobic capacity, this test includes VO₂max, ventilatory anaerobic threshold, training prescription and follow-up consultation.

Treadmill Evaluation

Diagnostic cardiology interpretation. Additional VO₂max 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 VO₂max 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 VO₂max 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

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

