HealthFirst Wellness Center

Exercise Testing and Evaluation: Cardiovascular Assessment

HealthFirst now offers Cardiovascular Assessment! Cardiovascular Assessment can be administered alone or as part of the entire battery of exercise testing and evaluations now offered. Cardiovascular Assessment will include one of the following testing procedures depending on your current health status:

**Sub-maximal Treadmill Test**

**One Mile Walk Test**

**6-minute Walk Test**

**Sub-Maximal Bicycle Ergometry Test**

Results of Cardiovascular Assessment can be used to improve overall health, current training program and give information of disease risk factors. A trained HealthFirst Exercise Specialist will discuss your results and provide a three month follow-up to record progress. Cost is $35 for members and $40 for non-members. Ready to get serious about being healthy? Schedule an appointment for Cardiovascular Assessment today!