



TESTING & SCANNING SERVICES

DEXA SCAN

- DEXA is short for Dual-Energy X-ray Absorptiometry.
- A quick, low-level x-ray that measures your body composition:
 - body fat percentage
 - bone density
 - total lean mass
 - visceral fat

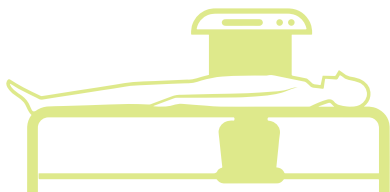


WHY GET A DEXA SCAN?

- Check bone density and identifies your risk of osteoporosis.
- Understand your body's composition.
- Set achievable health goals and monitor progress.

WHAT IS INCLUDED?

- Cost: \$160 (includes scan and report).
- A 45-minute visit to receive your scan, report, and review your results.
- Wear comfortable clothing without metal (athletic wear is ideal).



VO2 MAX TESTING

- Maximal test measuring how much oxygen you use during exercise.
- Performed on a treadmill or bike.
- Your test provides data on how much oxygen you use as you exercise and determines the maximal oxygen you can consume during exercise.
- Gold standard for measuring fitness.

WHY GET A VO2 MAX TEST?

- Accurately measure of current fitness.
- Evaluate the effectiveness of training programs.
- Design a more effective training program.
- Individuals with a healthy VO2 max are more likely to experience promising health benefits such as:
 - increased lifespan
 - reduced risk for stroke
 - heart disease
 - diabetes
 - cancer



WHAT IS INCLUDED?

- Cost: \$200
- A 60-minute visit to do your test and review your results.
- Wear comfortable athletic clothing and bring running shoes.

Interested in booking in or have any questions? Contact us:

(250) 658-9222

cordovabay@talltreehealth.ca



SCAN TO BOOK