



Thank you for participating in the Movement for Life® Quick Fit screen! We are looking forward to meeting with you...

For your visit, please wear or bring comfortable, loose fitting clothing that you are comfortable moving in and that will allow us to take basic measurements as needed. Exercise wear such as shorts, sweats and a t-shirt are recommended.

What to expect from your Movement for Life® Quick Fit Screen

Your Movement for Life screening will begin with you completing a health/medical history. Following completion, your practitioner will begin by measuring basic vital signs including blood pressure, pulse and oxygen levels. Additionally, you can expect us to assess your walking speed, balance and strength. All of these measures will be compared to “normals” for your age group and sex. All of these measures will be discussed with you at the completion of your screening.

Who will perform my Movement for Life® Quick Fit Screen?

The Movement for Life team of clinics hosts Movement for Life® certification courses that train and certify our team members to perform these screenings. All practitioners administering our screenings have at minimum completed the Level 1 Movement for Life practitioner course.

What do these tests mean to me?

Following your screening, we will spend time reviewing your measurements and provide you with a page summarizing your results and where you scored compared to “normals.” We will make recommendation for future health and wellness as well as any referrals that are appropriate based on your screening results. Please do not hesitate to ask questions!

Where can I get more information?

We are happy to make the appropriate referrals and recommendations to further your stated goals. Also, we have created a web-site, www.movementforlife.com which offers a listing of community providers that we may recommend to assist you. On this site you will also find our “Daily Moves” which are daily work outs to assist in promoting “Movement for Life.”

When can I do another Movement for Life® Quick Fit screen?

We generally repeat the screens every 3-6 months to chart and monitor your progress toward your goals. We will provide a follow up time when we review your results. We look forward to your next screening!