

## Pricing:

### Individual Costs:

Personal Training: \$40 per/hour  
Detailed Nutrition Analysis with Illustrations: \$40  
Body Composition with Measurements: \$15  
Tanita Body Composition (fat mass, fat%, total body water, BMR, desirable ranges):  
• First reading: \$15  
• Each additional reading: \$10

### Blood Chemistry Screenings:

- Lipid/Glucose: \$25
- ALT: \$15
- A1cNow: \$25
- TSH: \$35
- PSA: \$35

### Saliva and Hair Screenings:

- MaleCheck: \$65
- FemaleCheck: \$65
- PerformaceCheck: \$65
- MineralCheck: \$59

### Program Costs:

**Initial Fitness Assessment** with Comprehensive, Illustrated Printouts. 2 one-hour sessions: \$99

- Before (or After) Photo
- Blood Pressure Analysis
- Resting Heart Rate
- Body Composition Analysis
- Measurements
- Lung Capacity Test with Spirometer
- Lipid/Glucose Analysis
- Upper Body Strength Tests
- Lower Body Strength Tests
- Flexibility Test
- SubMax VO<sub>2</sub> Test (aerobic capacity)
- Goal Setting for strength, endurance, flexibility, and body composition change
- Exercise Program
- Workout Book

All Future Fitness Assessments: \$79 each

### Initial Nutrition Analysis and Health Assessment

with Comprehensive, Illustrated Printouts.  
3 one-hour sessions: \$169

- Before (or After) Photo
- Blood Pressure Analysis
- Resting Heart Rate
- Body Composition Analysis
- Measurements
- Lipid/Glucose Analysis
- A1cNow test
- Goal Setting for weight change, fat loss, and/or muscle gain- each client will be given a daily target for amount of calories, protein, carbs, and fats.
- Detailed Nutrition Analysis complete with spreadsheets, graphs, and charts
- Exercise Program
- Workout Book

Each additional Nutrition Analysis with Health Assessment: \$89

### Stress Management Program

1 one-hour start-up session with 3 one-hour follow up sessions: \$249

1 one-hour start-up session with 7 one-hour follow up sessions: \$399 (\$99 Savings)

- Identification of Daily Stressors
- Inner Balance Scan to read Autonomic Nervous System Functioning and Heart Rate Variability
- Heart Tracker for in-office breath training
- Client friendly printouts to explain software findings
- Stress 911 download for in-home breath training

### Total Fitness Package

(includes Fitness and Nutrition packages)

2 Fitness Assessment & 3 Nutrition Analysis sessions: \$249 (\$19 Savings)

Follow-up Total Fitness Assessment (2 hours): \$119

### Total Wellness Package

(includes Fitness and Nutrition Analysis and Stress Management package)

**Option A:** 2 Fitness Assessment sessions  
3 Nutrition Analysis sessions  
1 Stress Management session  
with 3 one-hour follow-ups: \$459 (\$58 Savings)

**Option B:** 2 Fitness Assessment sessions  
3 Nutrition Analysis sessions  
1 Stress Management session  
with 7 one-hour follow-ups: \$619 (\$147 Savings)

**Option C:** Same as Option B plus 3 start-up Personal Training sessions: \$699 (\$187 Savings)

**Note:** Clients who sign up for a minimum of 8 personal training sessions a month will receive discounts on the above packages along with the following benefits each month at no additional charge:

- Before/After Photos (if necessary)
- One Body Composition Analysis with Measurements
- One Detailed Nutrition Analysis with Goal Setting
- Strength Tests
- Flexibility Tests
- Workout Book

Any of the Blood/Saliva/Hair Screenings can be added into the cost of one of the above programs at 15% off the individual cost price.

Payment Options: Cash, Check, Major Credit Cards (Visa, MasterCard, American Express, Discover)

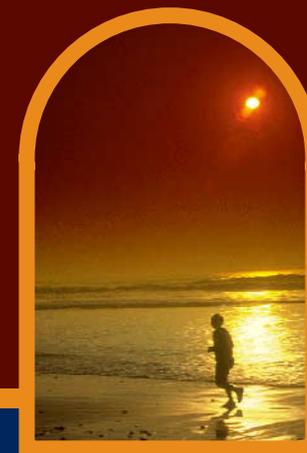


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"We get the facts...We study them...We apply knowledge, logic, and creativity. You receive results...or your money back!"

Chad Hanley- Owner



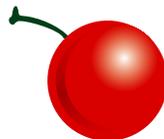
The  
Wellness  
Center  
for  
North  
Dallas

## Total Wellness Programs



The first step of a carefully planned wellness program is to determine a client's baseline health state. The Fitness Architect gets to know each client inside and out with medical and health questionnaires, body composition analysis, blood pressure monitoring, blood chemistry analysis, hair and saliva screenings, fitness testing, nutrition guidance and analysis, stress management programs, and comprehensive goal setting. Our objective is to identify your weaknesses and convert them into strengths.

## Nutrition Analysis



Utilizing the world's best-selling nutrition analysis software, The Fitness Architect is able to take your health and well-being to another level. Our programs are so flexible and interactive that you are sure to remain accountable and happy for many years to come. The Fitness Architect is interested in providing you with a lifestyle change...not a quick fix with a devastating rebound! No more diets or magic potions to burn the fat away! Your time and money are too precious.

## Fitness Programs



The Fitness Architect crafts a specific exercise program for each individual client based on his current fitness levels and needs. This helps ensure that clients accomplish their fitness goals and minimize the possibility of injury while strengthening physical weaknesses. We are so confident in our methods and capabilities that we are able to guarantee improvements in your overall health. The results of all fitness programs will be quantifiably illustrated with charts and graphs, in addition to providing each client with before and after photos.

## Stress Management



Stress has been called the most under-diagnosed malady in America. Up to 90% of health problems are caused or magnified by the inability to recover from stress. That is why The Fitness Architect has developed wellness programs that help our clients identify and eliminate the stressors that plague them.

Our system will help each client reduce the debilitating effects of chronic and acute stress...**GUARANTEED!**

## Blood Chemistry Screenings



Although we are no replacement for the family physician, The Fitness Architect offers quick-and-painless, clinically-accurate blood screening tests that check for five major health risks:

- Lipid Profile plus Glucose: Cardiac disease risk assessment.
- ALT (GPT): Liver damage.
- HbA1c: Non-diabetic risk assessment and diabetic monitoring.
- PSA4: Prostate cancer detection.
- TSH: Determine thyroid condition.

## Saliva & Hair Sample Screens



Using just a simple saliva sample, The Fitness Architect can assess estradiol, progesterone, and testosterone levels in women and testosterone and DHEA levels in men. In addition our PerformanceCheck assesses the levels of testosterone, cortisol, and DHEA for those who are active participants in athletic exercise. Finally, our MineralCheck, using only a hair sample, measures levels of 11 essential minerals along with a wide variety of harmful toxins.