

Let us Help  
Enhance Your Life



## Vanderbilt Executive Health Physicals



### Meet Anthony

40 years old  
Managing Hypertension  
and Hyperlipidemia.  
Former Smoker.

### How We Helped

The Executive Health Physicals team partnered with Anthony, a President in the banking industry, to improve his health and well-being. We started with a comprehensive evaluation that included testing and measurement of fitness related variables and a comparison of results to age and gender-specific population norms. We determined areas that needed improvement and worked closely with Anthony to set achievable goals. Over the course of his programming, we provided exercises to help him reach his targets and retested him along the way to show improvements over time.

**In addition to improving his health, Anthony enhanced his strength and flexibility as well. He boosted his maximum bench press by 10 pounds and increased his flexibility from 14 inches to 17 inches (a 74% improvement in ranking).**

### Highlighted Results

Anthony is a true health transformation story. Through his work with Executive Health Physicals, he was able to boost his overall fitness score from 33 (fair) to 82 (excellent). His dramatic results include:



**Losing 46 pounds** while **cutting** his body fat **in half** (from 30.7% to 14.7%)



**Reducing** his waist circumference by **7.9 inches**



**Decreasing** his resting heart rate from **61** beats/minute **to 47**



**Increasing** cardiovascular endurance (VO2 max) **by 33%**

### Ready to Achieve?

Want to learn more about how we accommodate the fast-paced schedules of business executives, entrepreneurs and entertainers to optimize their health and performance? Contact us today at: 615-343-1163