



Let us Help
Enhance Your Life

Vanderbilt Executive Health Physicals



Meet Jim

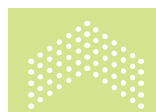
48 years old
Managing Obesity and
Hypothyroidism

How We Helped

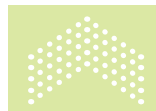
The Executive Health Physicals team partnered with Jim, a Vice President in a high-pressure industry, to improve his health and wellbeing. We started with a comprehensive evaluation that included testing and measuring Jim's fitness performance. We compared his results to normal ranges for his age and gender and helped him set measurable and achievable goals. We provided Jim with exercises and support for his healthy pursuits. Along the way, we monitored his progress and offered data and feedback on his success.

Highlighted Results

Over the past two years, Jim has made major strides with his health. He lowered his body fat, while improving his strength and flexibility. Specifically, he:



Increased time on treadmill by
one minute and 16 seconds



Increased leg press by **90 pounds**



Improved cardiovascular endurance
(VO2 Max) by **17%**



Lowered body fat by **13%**



Increased lean body mass by **15 pounds**

Jim produced these impressive results by overcoming adversity, including the absence of a thyroid gland, which normally leads to fatigue and weight gain.

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**