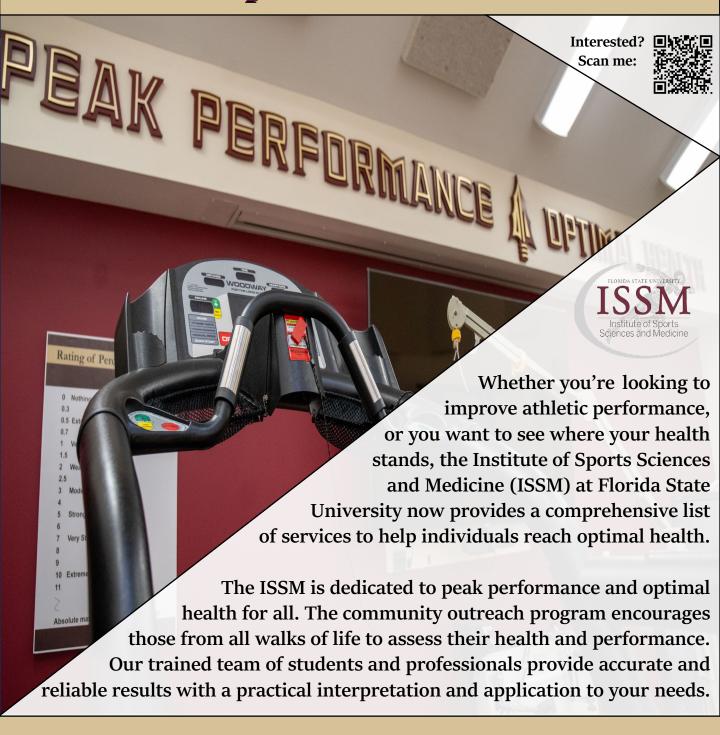
Florida State University

Institute of Sports Sciences & Medicine





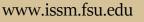
1104 Spirit Way Tallahassee, FL 32306



By Appointment

See reverse side for a list of services









Services & Pricing

We ensure our services are of the highest quality, while at an affordable price. All current tests and services are below.

Lipid & Glucose Profile Full cholesterol panel with blood sugar analysis.	\$25
Anti-Gravity Treadmill (per hour)	\$45
BodPod Measures body fat percentage and lean muscle mass.	\$50
Resting Metabolic Rate Measures the number of calories burned in a full day at rest.	\$50
VO2 Max Test (with Fuel Utilization Analysis)	\$100
Lactate Threshold Test	\$125
Dual-Energy X-Ray Absorptiometry (DEXA)	\$125 y.
Packages:	
Power Package Force plate analysis including counter-movement jumps, squat, multiple rebound jump.	\$75
Optimal Performance Profile Package	\$300
(15% off Group Discount)	\$250
Optimal Aging Package (coming soon)	\$300
Nutrition (General Health and/or Performance Nutrition):	
Initial Consult	\$125
Additional Consults (30 min)	\$50
Can be completed in-person or via phone/video call.	

Please contact us if there are any tests or services, you'd like to inquire about but don't see above. Team or club discounts, consulting and services are available. These include group nutrition talks, sweat testing, heart rate & GPS tracking, sports camp appearances and more.

