

Health Performance Optimization Program

fortius
sport & health

Game changing. Life changing.

HEALTH PERFORMANCE OPTIMIZATION PROGRAM

Are You Ready To Manage Your Health Like A Pro?

At Fortius Sport & Health, we use a customized and individualized approach – incorporating the best practices in sport and exercise medicine – to comprehensively assess your health status and physical capabilities, evaluate your functional movement patterns and, based on your personal goals, develop a road map to better health, wellness and performance.

Who Is HPO For?

Whether your goal is to assess your health status and risk for disease and make some lifestyle changes or if you are an athlete who is looking to take your performance to the next level, Fortius HPO is for:

- + High performing executives who would like to get more out of their annual health exam;
- + Lifetime athletes who are dedicated to optimizing their sport performance on the field, on the road and/or on the court;
- + “Industrial Athletes” — firefighters, police officers, military and other safety sensitive occupations — those whose jobs demand peak performance;
- + Anyone interested in becoming (or staying) active for life.

Benefits Of Our HPO Experience

- + Discover potential health problems and target, reduce and eliminate identified risk factors;
- + Receive a head-to-toe functional movement screen that will become a foundation for your personalized exercise prescription;
- + Access state-of-the-art performance testing that will help you take your competitive sport goals to the next level;
- + Receive advice to incorporate wellness, including nutrition, fitness and stress management into your daily routine;
- + Facilitate expert care for injuries, illnesses or sport performance issues;
- + Leave with a comprehensive, actionable report with options to receive ongoing support if desired.



HEALTH PERFORMANCE OPTIMIZATION PROGRAM | ACTIVE

HPO Active is our baseline program designed for individuals who are motivated to make some lifestyle changes, have injuries preventing them from being as active as they desire, and/or would like a comprehensive health screen and some guidance around specific activities and injury prevention techniques.

HPO Active includes:

- + **TWO COMPREHENSIVE CONSULTATIONS.** You will initially meet with one of our Exercise Physiologists to review your medical, health, wellness and activity history and discuss your goals and desired outcomes. You will meet again following all of your assessments to review your results and learn how to effectively apply them.
- + **HEALTH ASSESSMENT.** A comprehensive evaluation of your overall physical health with one of our Sport-Trained Physicians. At the end of the process, your Physician will meet with you again to review all of your medical and lab test results and provide recommendations on how to reduce and/or eliminate identified risk factors.
- + **LABORATORY TESTING.** Blood count, cholesterol and lipid profile, fasting glucose, various blood chemistries, iron levels and urinalysis will be assessed to detect the presence of a variety of underlying diseases and disorders.
- + **FITNESS ASSESSMENT.** A treadmill or cycling fitness evaluation (VO₂Max) monitored by EKG will be conducted by our lab-based Exercise Physiologist.
- + **FUNCTIONAL MOVEMENT SCREEN.** A head-to-toe movement screen by one of our Strength & Conditioning Coaches will identify functional limitations and asymmetries.
- + **NUTRITION CONSULTATION.** Our Dietitian will assess your eating habits, evaluate your body composition results and provide real-life recommendations based on current, evidence-based practices.



HEALTH PERFORMANCE OPTIMIZATION PROGRAM | RUNNING

You are a competitive or recreational runner seeking to add distance and/or speed to your training and competitive performances. Add these running evaluations to your HPO Active program:

- + **FUNCTIONAL MOVEMENT ASSESSMENT.** A head-to-toe movement screen by one of our Sport Physiotherapists will identify functional limitations and asymmetries with the goal of reducing your risk of injury and optimizing your movement efficiency.
- + **3D BIOMECHANICAL RUNNING ANALYSIS.** Using video capture technology while running on our force treadmill, we identify movement patterns that may be associated with past or current injury or faulty technique that may be impeding your running performance.
- + **COMPREHENSIVE PHYSIOLOGICAL ASSESSMENT.** Variables such as oxygen consumption, carbon dioxide production, blood lactate, ventilation rate, heart rate and lung function are measured in our treadmill and spirometry tests.
- + **TRAINING CONSULTATION.** Our running coach will review your goals and current training plan and using your assessment results will determine individual threshold intensities and provide you with specific training zones designed to optimize training and improve your performance.



HEALTH PERFORMANCE OPTIMIZATION PROGRAM | CYCLING

You are a competitive cyclist or recreational cycling enthusiast. Add these cycling evaluations to your HPO Active Program:

- + **FUNCTIONAL MOVEMENT ASSESSMENT AND BIKE FIT.** A head-to-toe movement screen by one of our Sport Physiotherapists will identify functional limitations and asymmetries and this information will be used by our bike fitter who will focus on applying this information and assessing how it affects your mechanics and efficiency when riding your bike.
- + **COMPREHENSIVE PHYSIOLOGICAL ASSESSMENT.** Variables such as oxygen consumption, carbon dioxide production, blood lactate, ventilation rate and heart rate are measured during a cycle ergometry test.
- + **TRAINING CONSULTATION.** Our Cycling Coach will review your goals and training plans and use your assessment results to provide you with optimal training thresholds and intensities.

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As a busy professional, adding Fortius to my team has been a huge benefit. The integrated approach to overall performance and health is a game changer—from optimizing bike fit and ensuring that my training plan fits my busy schedule, to the integrated holistic view of my athletic and overall health. I highly recommend Fortius to anyone looking to take both their athletic performance to the next level and having your overall health plan better recognize and incorporate your training efforts.

Member of TELUS Team

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HEALTH PERFORMANCE OPTIMIZATION PROGRAM | CUSTOM

We can customize your HPO experience by building on the HPO Active program and incorporating sport-specific assessments to meet your specific needs. Contact us for more information.

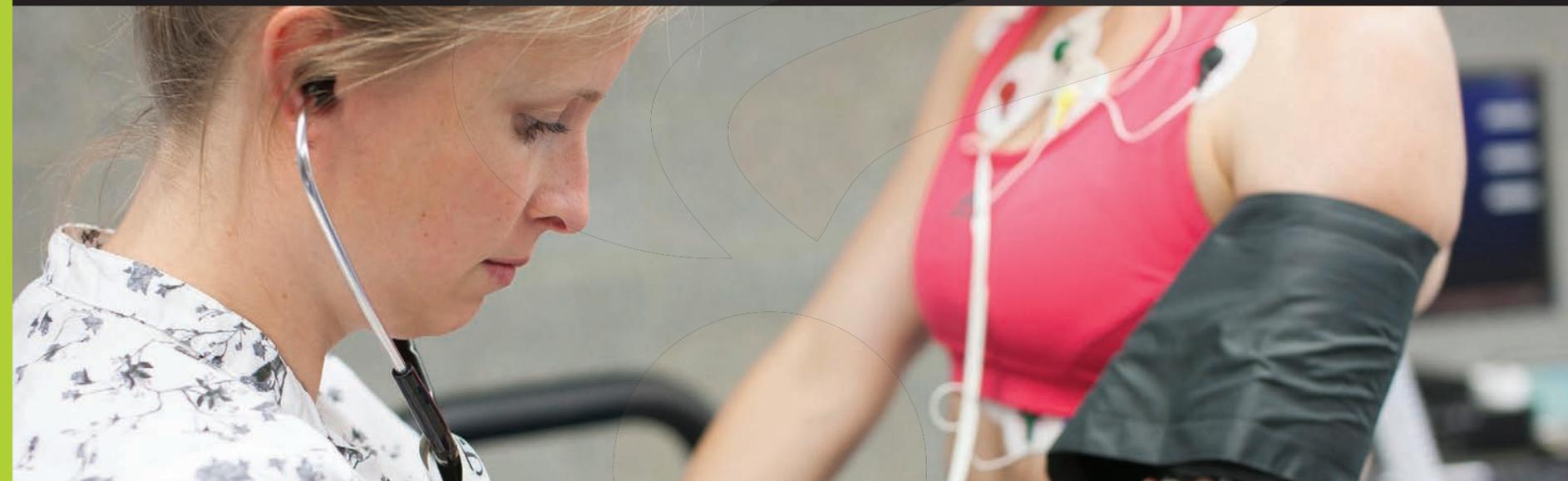
The Burnaby Fire Department Experience

Fortius Sport & Health designed a Health & Wellness Initiative for the Burnaby Fire Department that provides their firefighters with an annual medical health check that focusses on identifying health risk factors and the early detection of medical conditions complemented by access to fitness and nutrition programming designed to prevent injuries and optimize performance.



Our experience to date with this world class facility has been above our expectations, and is providing great benefit to our Department.

Doug McDonald | Fire Chief | Burnaby Fire Department



Fortius Sport & Health

ABOUT FORTIUS SPORT & HEALTH

Fortius Sport & Health is an integrated athlete development centre focused on optimizing athlete performance for life. We serve top athletes from around the world to the highest standard, but our vision is to draw on the science of sport and exercise medicine, where human performance has been pushed to its limits, and use that knowledge to design programs and services for everyone interested in improving their health and physical capacity. We believe that everyone can be an athlete, regardless of your level of play or chosen sport.

OUR PRACTITIONERS

- + Sport Physicians
- + Orthopaedic Surgeons
- + Pediatricians
- + Physiotherapists
- + Strength & Conditioning Coaches
- + Chiropractors
- + Massage Therapists
- + Podiatrists
- + Optometrists
- + Applied Biomechanists
- + Exercise Physiologists
- + Kinesiologists — Hydrotherapy

OUR AMENITIES

- + 32,000 sq ft of sport medicine, rehabilitation assessment and treatment areas
- + Human Performance Lab — Applied Biomechanics and Exercise Physiology
- + Hydrotherapy featuring Hydroworx™ underwater treadmill
- + 15,000 sq ft Performance and Fitness Centre
- + Indoor Cycling Studio
- + Multi-Purpose Double Gymnasium
- + FIFA-Standard Soccer Pitch
- + 60 lodge rooms, providing on-site accommodation
- + Bistro and catering services
- + Meeting rooms and educational space
- + Commercial retail — Pharmasave, Starbucks, Fit First Footwear, SportMed Store

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