

# FOR FITNESS & HEALTH

ICPH works with individuals who seek an advantage in “being better” in life.

Our Team of fit and well experts will design a unique and integrated plan for you driven by your goals.

You will leave with a clear and focused plan with definitive results from a variety of assessments.

We can coach you on how to make the necessary changes to reach your goals.

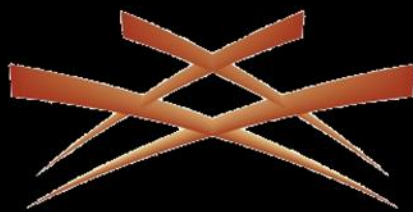
All geared specifically toward bettering your healthy lifestyle.

## INVENTORIES

- **Emergenetics Profile** Utilize your unique thinking and behavioral preferences to improve communication
- **Performance-Health Profile** What health habits are helping or hindering your stress
- **360 Qualitative Interviews** Receive insight and feedback from others to reduce blind spots and improve strengths

## 360 ADVANTAGE <sup>SM</sup>

- **Medical History & Review** Evaluate your current health status, know your risks
- **Movement Analysis** Review strengths, compensatory patterns and injury risk factors to reduce and prevent pain
- **Total Fitness Assessment** Establish baseline and areas of improvement regardless of fitness level
- **Nutrition consultation** What eating habits of yours support life fitness and what can you improve
- **Mental Health** Understand history and improve beliefs, and mental habits
- **Massage Therapy** work out your kinks, reduce stress and pain and prevent injury



INTERNATIONAL CENTER FOR  
PERFORMANCE & HEALTH

DENVER, COLORADO

303.756.ICPH (4274) • [WWW.ICPHBALANCE.COM](http://WWW.ICPHBALANCE.COM)