

The Benefits of an HPA

- Scientifically estimates your current health and fitness status.
- Indicates areas for improvements in your health.
- Inspires you to make positive changes to your lifestyle.
- Helps you set attainable goals for a healthier life.
- Gives you the opportunity to review your progress through a follow-up HPA.



HPI Health Profile Institute®



Facts about the HPA method:

- Invented in Sweden.
- Used for over 35 years.
- More than 1.5 million assessments completed in Europe.
- Applied by major international corporations.

**An HPA can help you reach
and maintain optimal health.**

**For more information or to
schedule an appointment
call 702-804-0100.**

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HPI Health Profile Institute®

HPA Health Profile Assessment®



A Broad Scientific Approach to Health

What is an HPA Health Profile Assessment®?

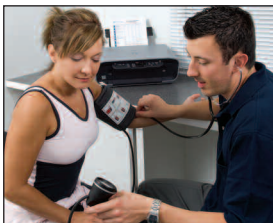
The HPA Health Profile Assessment is the leading method for motivating individuals towards a healthier life. The HPA consists of:

A Questionnaire

- Reviews your health habits: exercise, tobacco and alcohol use, diet, symptoms, stress, perceived health, leisure time, etc.
- Gives you the opportunity to discuss your life habits with an authorized HPI Health Profile Assessor™.
- Creates awareness about your current health situation and risk factors.
- Empowers you to make changes towards improved health.

Physiological Measurements

- Blood pressure
- Height and weight
- Skeletal wrist measurements
- Waist circumference
- Fat-free mass
- Healthy weight range (based on your individual body frame)



Cardiovascular Test

Goal: Discover your personal **Oxygen Uptake** and **Fitness Status**.

- Sub-max test (you will be working at 50% of your individual effort level).
- Duration: 6-12 minutes.
- Performed on a cycle ergometer.
- Safe and easy to complete.



Evaluation and Discussion

- Your HPI Health Profile Assessor™ will evaluate your test results and explain them to you in a detailed discussion.
- Connections will be made between your life habits and current health status.

Your "Desired Health Profile" Form

- A useful tool for changing your life habits and becoming healthier.
- Provides an opportunity to set your personal goals.
- Encourages you to take responsibility for your own health.
- Guidance will be provided in order to obtain your desired results.

Follow-Up HPA

- Possibility to review results and measure your progress since your last HPA.
- Set new goals for the future.
- We recommend a follow-up within 3 – 6 months.

Network of Services



We have an extensive network of professional partners available for referral. A selection of services offered at exclusive rates:

- Exercise
- Weight management
- Nutrition
- Smoking cessation
- Stress management