



CEDARDALE
HEALTH + FITNESS

PERSONALIZED WELLNESS

ASSESSMENTS OVERVIEW + PURPOSE

As part of your evaluation, several assessments were completed to give a snapshot of your current strength, mobility, movement quality, and body composition. These assessments help identify strengths, limitations, and areas to focus on when designing an effective and safe training program.

Physical Performance Assessments

Grip Strength Test

What it measures:

Grip strength assesses the force produced by the muscles of the hands and forearms.

Why it's important:

Grip strength is a strong indicator of overall muscular strength and functional ability. It's closely linked to performance in daily activities (lifting, carrying, pulling) and has been shown to correlate with long-term health and injury risk.

Thoracic Mobility Test

What it measures:

This test evaluates mobility and coordination of the shoulders, upper back (thoracic spine), and surrounding muscles.

Why it's important:

Adequate thoracic and shoulder mobility is essential for proper posture, overhead movements, and rotational activities. Restrictions in this area can lead to compensations, reduced performance, and increased risk of shoulder or neck discomfort.

Bodyweight or Overhead Squat Assessment

What it measures:

This movement screen evaluates lower-body strength, joint mobility, balance, coordination, and overall movement quality.

Why it's important:

The squat is a foundational movement pattern used in daily life and exercise. Observing how you squat provides insight into hip, knee, ankle, and core function, as well as posture and control.

Body Composition (InBody Measurements)

Body Weight

What it measures:

Total body mass at the time of testing.

Why it's important:

Weight provides a general reference point and is most useful when tracked over time alongside other measurements.

Skeletal Muscle Mass

What it measures:

The amount of muscle attached to the skeleton that contributes to movement and strength.

Why it's important:

Skeletal muscle mass is essential for strength, metabolism, posture, and long-term health. Maintaining or increasing muscle mass supports functional movement, athletic performance, and injury prevention.

Body Fat Percentage

What it measures:

The proportion of body weight made up of fat tissue.

Why it's important:

Body fat percentage gives a clearer picture of body composition than weight alone. While optimal ranges vary based on age, sex, genetics, and activity level, commonly accepted guidelines are:

Men:

- Essential fat: ~2–5%
- Healthy/fitness range: ~10–20%
- Higher than ~25% may increase health risk

Women:

- Essential fat: ~10–13%
- Healthy/fitness range: ~18–28%
- Higher than ~32% may increase health risk