



Summa Barberton Hospital Offers Body Age Assessments

Thinking about Getting in Better Shape?

If you're thinking about getting in better shape, think about having a Body Age Assessment to determine your baseline level of physical fitness and define realistic goals to achieve a healthier you.

A Body Age Assessment is a whole new way of showing you how healthy you can be. It considers a number of health and fitness markers including your strength, flexibility, percentage of body fat, nutrition and cardiovascular fitness to calculate the fitness of your body. It takes less than one hour and can be adjusted to accommodate every fitness level. Once completed, a Certified Athletic Trainer will review the results with you and answer any questions to help you on your way to improved physical fitness.

Body Age Assessments are available through Therapy Services at the Summa Health Center at Lake Anna. Summa Barberton Hospital employees, volunteers and medical staff receive a discounted price and payroll deduction is available.

**For more information or to schedule your
Body Age Assessment, please call (330) 615-5020.**

