Discounted Services
For Employees And Spouses On The UVA Health Plan!

Visit the Exercise Physiology Core Laboratory to learn more about your body and achieve your health goals! We offer the following assessments:

**Resting Metabolic Rate:**
Measure how many calories your body burns at rest
Cost to community: $75  UVA discount $47

**Body Composition:**
Discover your % body fat, or the comparison of fat tissue to lean tissue in your body
Cost to community: $75  UVA discount $47  now $35

**Fitness Capacity:**
Learn about your fitness level and create a baseline for future improvement
Cost to community: $136  UVA discount $86

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