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 price $47

**Body Composition:**
Discover your % body fat
Cost to community: $50  UVA price $47
Want to track progress? Come back 6-12 months later for a repeat Bod Pod and the price is $35

**Fitness Capacity (VO2 max):**
Learn about your fitness level and create a baseline for future improvement
Cost to community: $136  UVA price $86

Exercise Physiology Core Lab  434-982-3565  exlab@virginia.edu
For more information about each assessment, visit exlab.medicine.virginia.edu