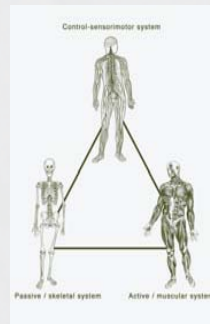


What is the Advanced Integrated Movement (A.I.M.) Assessment?

A.I.M. is the acronym we use here at TELOS to stand for our patented *Advanced Integrated Movement* Assessment. A.I.M. has been nationally recognized by the industry as the most comprehensive, efficient, and innovative assessment process available and recently received the highly coveted IRSHA NOVA 7 Award. The A.I.M. Assessment includes such features as a precise joint-by-joint mobility and stability analysis, a postural analysis, core activation testing, a comprehensive "General Movement Analysis," gait analysis, cardiovascular fitness testing and a nutritional evaluation. Collectively, the A.I.M. Assessment is designed to identify any joint limitations, structural weaknesses, or muscular imbalances that will limit movement, impede performance, induce compensation, create pain, and further deteriorate joint health. The results of your A.I.M. will provide critical information needed for prescribing a treatment and exercise program to help your body perform and look in peak condition.

How was the A.I.M. developed?

Literally hundreds of Physiologists, Doctors, Physical Therapists and experts in human performance have contributed both directly and indirectly to the development of the A.I.M. Assessment. The A.I.M. Assessment represents over twenty years of cumulative research and training experience by internationally recognized fitness expert Everett Aaberg. Everett has authored six books pertaining to biomechanics and exercise training. He is also a highly sought international speaker and regarded as one of the best professional trainers in the country. He teaches certification courses, supplies continuing education for top organizations in the industry, and has dedicated his career towards the development of the best assessment and training systems available to further the health, performance, and aesthetics of the human body.



How can I receive my A.I.M. Assessment?

The A.I.M. Assessment is complimentary to all TELOS members upon joining TELOS and through special invitation to TELOS Guests. The A.I.M. Assessment can also be purchased as part of an Assessment Package that includes two additional sessions with a Professional Trainer. Upon becoming a new TELOS member, or after purchasing the A.I.M. Assessment Package, the new member will meet with a Certified TELOS Assessment Specialist and a TELOS Dietician to set up appointment times and begin the process. To connect with your Assessment Specialist, please contact Laurie Patten at 972-386-2555.

After completing the A.I.M. Assessment, TELOS Members have an opportunity to purchase an Introductory training package to further assist them in mastering each movement of their corrective exercise program and to begin transformation towards the body they have longed for.

What other Fitness Services are offered with the A.I.M. Assessment?

At TELOS, we believe in an integrated approach to fitness. As such, Nutritional Counseling, Private and Group Pilates, Neuromuscular and Clinical Massage, Muscle Activation Therapy, Chiropractic Services and a wide array of specialized Group Fitness, Yoga, Cycling, Swimming and Sports Conditioning classes are offered and may be included as part of your overall exercise plan. More information on how to best integrate and schedule these different services will be provided by your Assessment Specialist. A nutritional evaluation with our Dietician and a complimentary session of Pilates will also be included as part of your A.I.M. Assessment Package in order to better determine your dietary needs and to personally experience how Pilates can become a part of your exercise program.

To find out more information or to schedule your A.I.M. Assessment today you may simply call our Membership Department at (972) 386- 2582.