

Know Your Numbers

CUSD Onsite Health Screening

Health Screenings measure and identify risk factors associated with Cardiovascular Disease and provide key health information

Cardiovascular Disease (CVD) is the **#1** cause of death for both men and women



630,000

Amount of people who die of Cardiovascular Disease every year in the United States – that is 1 in every 4 deaths

All results are discussed with our Wellness Coaches who are trained in preventative care to help you maintain or improve your numbers

Preventing CVD: What Do We Test?

- **BODY COMPOSITION**
lean tissue vs. fat tissue
- **WAIST MEASUREMENTS**
Indicates fat distribution which is relevant to disease risk
- **BLOOD PRESSURE**
Elevated blood pressure indicates the heart is working harder than normal
- **CHOLESTEROL**
waxy substance in the blood that builds up in the walls of the arteries blocking blood flow to the heart
- **BLOOD GLUCOSE/A1C**
Blood sugar levels/average blood sugar levels over 3-6 months



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