



PEAK CENTRE
FOR HUMAN PERFORMANCE

individual exercise solutions... >>





...because we're not all made the same.

Peak Centre: Bringing Science and Training Together to Produce Results

The Peak Centre is dedicated to providing innovative fitness testing, training and therapeutic services. The Peak Centre is different from the services offered by health clubs or personal trainers – Peak Centre's philosophy and programs are based on a strong scientific foundation and are built to provide you with optimal training programs to meet your goals.

The Peak Centre has something for everyone, at every level ... custom programs designed for experienced and beginner athletes, those interested in general health and fitness enthusiasts. As one of eight Nationally Accredited Centres in Canada, Peak Centre professionals offer practical application, education and program monitoring to support you and your goals.

Peak Centre: Your Partner in Training

Peak Centre staff are certified science professionals focused on giving you the most complete services available:

- Assessments and monitoring
- Nutritional and diet analysis and advice
- Personalized coaching and training
- Educational seminars

To meet your individual goals you **must** be using a program designed uniquely for you, based on your current fitness level and goals. This means we use scientific testing to measure your current fitness level and design workouts to get you to your goal.

This goal can be anything – participating in a triathlon, completing a 5 km run, general fitness improvements, losing 20 pounds, or helping you reach elite athlete status.

Eliminate the Guess-Work from Your Training

After an initial consultation with one of our science professionals, we will assess your fitness level. This is a simple test performed on a treadmill or bike to determine your optimal level of exertion and training frequency.

From this assessment, a Peak Centre staff member will design a program for you. Depending on your goals, your membership package could include monthly programs and regularly scheduled assessments.

Personalized Programs Designed to Meet Your Needs & Goals

Power Cycling Program

- Done at home, health club or group environment
- Uses the CompuTrainer electronic bicycle trainer
- Train at power and heart rate levels geared to your fitness goals
- Hill climbing and speed work-outs

Golf-Conditioning Program

- In-season and off-season programs to complement your existing instruction, experience or program
- Improve strength and 18-hole endurance
- Eliminate muscle imbalances
- Increase flexibility and range of motion

On & Off Ice Hockey Programs

- Improve recovery between shifts
- Stride assessment
- Enhance your skating and agility
- Build strength and explosiveness
- Available year round (on and off season)

Multi-Sport for Triathletes

- Swim program for triathletes including private Peak pool sessions
- Build cycling strength with the Power Cycling program
- Finish strong with increased running endurance and strength
- Transition zone training

Flexible Year-Long Rowing Program

- Train at home or at a health club
- Improve your strength and endurance
- Program run by Ed McNeely – physiologist and strength consultant for the Canadian National Rowing team

Running Program

- Group runs throughout the week – train with people with similar goals
- Designed for any distance from 5 km to 50 km
- Increase your speed and endurance
- Get stronger by running less

Swimming Program

- Pool and open-water sessions
- Stroke improvement
- 3 group training sessions a week

General Fitness

- Train at home or at a health club
- Combination of aerobic and strength training

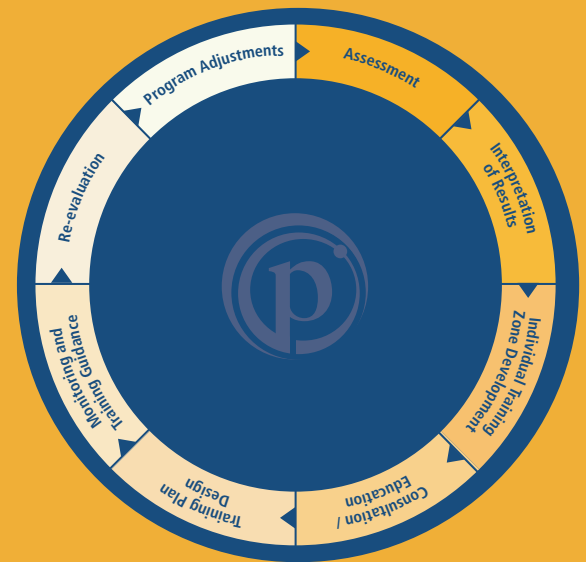
Mission Possible Weight Loss

- Less than an hour a day at home or health club
- Moderate cycling training 5 days a week
- Weight loss of 10 to 40 pounds or more
- Diet analysis

And More...

Peak Centre Training System

The Peak Centre Training System can be applied to any fitness goal from preparation for elite-level competitions, to weight loss or general fitness improvements. The comprehensive Training System consists of:



1. Fitness assessment
2. Individual training needs determined by assessment
3. Personal consultation with Peak Centre professional
4. Personalized training plan
5. One-on-one monitoring and guidance
6. Fitness re-evaluation
7. Program adjustments based on your new fitness level



Frequently Asked Questions

What is a fitness assessment?

A fitness assessment is a method of measuring your body's specific response to exercise and provides you with a benchmark of your current fitness level.

Who should have an assessment?

Anyone who is seriously committed to improving their overall fitness and/or sporting performance should have an assessment.

Why would I need an assessment?

This process will enable us to measure your body's response to exercise, and provide you with specific information that will:

1. Eliminate the guesswork from your training by knowing the EXACT levels at which you need to exercise to achieve your goals.
2. Optimize your training time.
3. Track training adaptations over time.

How do I use this information for my training?

Our team of physiologists are committed to educating and providing each individual with the tools needed to succeed. Each assessment is accompanied by a consultation and the option of formulating a training plan based upon your results. We are North America's leader in the development of individual training solutions. Whatever your sport or goal may be, we have a training solution for you!

What does a direct fitness assessment measure?

The assessments conducted at our facilities allow us to measure a body's response to exercise at different levels of effort. At each level, we can evaluate your:

- Aerobic fitness
- Heart rate response
- Lactic acid response
- Amount of calories used at each level
- Anaerobic fitness

We also offer indirect fitness assessments for teams or individuals requiring field testing (i.e. on-court, on-ice etc...)

If I do not live near a Peak Centre, can I still have my fitness assessed?

Yes. Off-site assessments are available, and can be completed in the comfort of your own home or club setting.

Are the Peak Centre plans only designed for elite athletes or people involved in sport?

No. We have a diverse range of individuals who follow training programs under our guidance. Regardless of whether your goals are related to sport, lifestyle or weight-loss, we have training solutions for everyone.

Why do I need a training plan?

If you are serious about achieving your goals, a properly developed training plan will eliminate the guesswork from your training. At the Peak Centre we use modernized training principles and exercise science to develop training plans that are geared for success.

How long do training plans last?

Every plan design is dependent upon the individual. Sport specific or general fitness plans are offered on a month-by-month basis, or, if you're training for long term results, we have the option of joining our specialized 6 or 12-month programs.

When you're designing my plan, how will you know how hard or easy I should exercise?

It's simple. Prior to the development of any plan, we recommend that everyone undergo a fitness assessment. With this information, we are able to design plans that are specific, goal oriented and tailored to each individual.

If I do not live near a Peak Centre, can I still have a plan developed?

Yes. Online Training plans can be accessed through our website at www.peakcentre.ca

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