The Wellness and Integrative Health program provides critical health and wellness programming for individuals in our community. Through an innovative interprofessional approach, students and faculty from the Colleges of Health, Pharmacy, Nursing and the School of Dentistry work together to the benefits of our patients and clients.

WELLNESS PACKAGES FOR MAKING A POSITIVE CHANGE

INTENSIVE LIFESTYLE PROGRAM
Many people know that most chronic diseases can be prevented or improved by lifestyle, but a healthy lifestyle also helps immediately by improving sleep, energy, mood and focus.

Features of the program:
• 12 Weekly group sessions lead by a health coach
• 16 Weeks of supervised exercise: for those that need assistance starting or continuing with an exercise program
• Focus on eating for pleasure and health at the same time
• 6 Months of coaching to help make these changes doable and fun

$250 PER 6-MONTH PROGRAM

TOTAL WELLNESS PACKAGE
PEAK’s total wellness package is an excellent way to utilize our whole team of health professionals to develop and implement a comprehensive plan for living your unique healthy lifestyle.

Package includes:
• Three Wellness Coach meetings
• One personal training session
• One consultation with our Registered Dietitian

$240 FOR FIVE 60-MINUTE APPOINTMENTS

SPORTS NUTRITION PERFORMANCE PACKAGE
PEAK’s Sports Nutrition Performance package includes VO2max (or lactate threshold), Bod Pod (%fat) and a 60-minute sports nutrition consultation with our registered dietitian.

$150 UNIVERSITY, $180 COMMUNITY
($30 savings compared to prices of individual tests)

TOTAL HEALTH/FITNESS AND NUTRITION PACKAGE

Our most comprehensive package includes:
• Submaximal aerobic fitness
• Bod pod (%fat)
• Upper body strength and endurance
• Abdominal strength and endurance
• Flexibility
• Total cholesterol and glucose panel
• Resting blood pressure
• BMI and waist circumference
• 60-minute nutrition consultation with our registered dietitian

$140 UNIVERSITY, $170 COMMUNITY
($30 savings compared to prices of individual tests)

BOD POD BODY COMPOSITION TEST
Accurate assessment of body composition (percent fat and percent lean) enables sensible decisions regarding nutrition and exercise programs.

$30 UNIVERSITY, $35 COMMUNITY

RESTING METABOLIC RATE MEASUREMENT
Resting Metabolic Rate is a measure of the calories your body needs to maintain normal physiological function – very useful information to set realistic goals related to weight management and proper nutrition.

$35 UNIVERSITY, $40 COMMUNITY

MASSAGE
30-minute table massage: $35
60-minute table massage: $60
90-minute table massage: $75
Chair massage (15 min.): $15
*University of Utah employees receive a $5 discount on all massage options.

Call to sign up for your program
801-213-8720

WELLNESS PACKAGES FOR MAKING A POSITIVE CHANGE

A LA CARTE SERVICES

BOD POD BODY COMPOSITION TEST

$30 UNIVERSITY, $35 COMMUNITY

RESTING METABOLIC RATE MEASUREMENT

$35 UNIVERSITY, $40 COMMUNITY

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UNIVERSITY OF UTAH HEALTH SCIENCES

PEAK Health & Fitness
HPER Building
260 S 1850 E, RM 217
Salt Lake City, UT 84112
(801) 585-7325

L.S. Skaggs Patient Wellness Center
530 Wakara Way
Salt Lake City, UT 84108
(801) 213-8720

SIGN UP FOR YOU OR A FRIEND!
(gift certificates available)