

Frequently Asked Questions About EQUIVITA

What is Transitional Fitness?

Transitional Fitness originated as a natural progression from Physical Therapy. The concept was an after rehab design that would look at the individual more holistically, not just the injured area. The basic premise of a current evaluation and developing a plan toward goals remains the same. Over the years, however, it has changed to enable work with people from all backgrounds and activity levels. Your body is always transitioning. The question is whether it is moving in the direction that you want.

If I get an initial assessment do I have to workout with one of your trainers?

No. The 5Keys Fitness Assessment is designed as a stand-alone tool. Unlike typical fitness assessments, the initial assessment at EQUIVITA is specific to finding what is right for your body and determining what will work for you. The initial assessment is comprehensive and requires 2 hours. At the end you will have gained knowledge about your body and developed a plan that will work for you.

How does your fitness assessment compare to the free assessments offered by my gym?

The fitness industry typically uses give-away assessments and free training sessions to lure people into buying dozens of sessions. These assessments usually include those variables that people care most about, ie body fat percentage, but have no programming benefit. Thus, the “free assessment” is simply a sales tool to show people how unfit they are when compared to others. This concept just doesn’t fit with the EQUIVITA philosophy. Our 5Keys Fitness Assessment is 2 hours in length, costs \$150, and is a complete service. You will leave with knowledge and a plan.

Will my insurance be accepted at EQUIVITA?

We do not currently accept insurance. Although the foundation of Transitional Fitness was in Physical Therapy and we do believe that insurance should cover some of our services, we also realize the potential impact to cost of the service and the quality of service we provide. We do maintain documentation on all services and support our clients in submitting for reimbursement from their insurance company.

Can I pay for Massage with my HSA?

We do have clients that pay for our services through HSAs. Please contact your administrator to determine the specifics of your plan. We see HSAs (Health Savings Accounts) as a great step in the direction of giving people more control over their healthcare. Of course, this control is only of benefit when there is the education that enables effective participatory healthcare. At EQUIVITA, we provide a variety of educational materials including free classes every other week.

