

SERVICES AND PRICING

We ensure our services are of the highest quality, while at an affordable price.

Lipid and Glucose Profile	\$25
Full cholesterol panel with blood sugar analysis	
Anti-Gravity Treadmill (per hour)	\$45
Ideal for rehab or managing training load – Can remove up to 80% of your body weight for a pain-free running experience	
BodPod	\$50
Measures body fat %, lean muscle mass & est. resting energy expenditure	
Resting Metabolic Rate (RMR)	\$50
Measures the number of calories burned in a full day at rest	
VO2 Max Test (with Fuel Utilization Analysis)	\$100
Measures maximal aerobic fitness and carbohydrate/fat usage thresholds	
Lactate Threshold Test	\$125
Specific for athletes; learn your training intensities and heart rate zones	
Dual-Energy X-Ray Absorptiometry (DEXA)	\$125
Gold-standard for measuring body fat, muscle and bone mineral density	
➤ Packages - mix & match options available	
Power Profile Package	\$75
Force plate analysis: imbalances, force production capabilities and more	
Optimal Performance Profile Package	\$300
Tests include: VO ₂ Max, Lactate Threshold, Wingate, RMR, and Bodpod	
Optimal Aging Package (coming soon)	
➤ Nutrition – General Health and/or Performance Nutrition	
New Client Package	\$125
Includes: First consult, food log software, diet analysis, follow up + free Bodpod	
Follow-up appointments	\$50
Can be completed in-person, or via phone/video call	

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- Don't see a test or service you need? Contact us to find out how we can help!
 - Team/group discounts, nutrition seminars, consulting and other services available.
 - Other services available: Sweat testing, heart rate & GPS tracking and more.

FOR QUESTIONS OR INFORMATION CONTACT:
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INSTITUTE OF SPORTS SCIENCES & MEDICINE

Whether you're looking to improve athletic performance, or you want to see where your health stands, the Institute of Sports Sciences & Medicine (ISSM) at the Florida State University now provides a comprehensive list of tests and services to help individuals reach optimal health.

The ISSM is dedicated to peak performance and optimal health for all. The community outreach program encourages those from all walks of life to assess their health and ability to perform. Our trained team of health professionals, researchers, and students provide accurate and reliable results with a practical interpretation and application to your needs.

Our program offers various tests & services to any individuals, teams, community groups who are local or a far

Student, military and health care professional discounts available with proof of ID.



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Tallahassee, FL - 32304



Monday - Sunday
By appointment only



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