

PHYSICAL THERAPY



Greensboro Physical Therapy & Sports Medicine Svcs

604 Walter Reed Drive
Greensboro, NC 27455

336-855-7661 • www.greensborophysicaltherapy.com



Aart Schulklopper,
PT, DPT, CSCS

Q Why should I take a fitness test?

A Physical fitness means different things to different people. There are basically two types of fitness, performance related fitness associated to sports and the other is health related fitness. This is linked to lowering risks such as high blood pressure, diabetes or low back pain. Try the President's Challenge adult fitness challenge at www.adultfitnesstest.org. You take the test at home, enter your results at the website and will tell how you compare to others your age. If you have any questions regarding your results or are interested in taking a fitness evaluation, please contact our office.

GENERAL AND PEDIATRIC SURGERY