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newsroom

January 31, 2007

New Human Performance Lab to Aid in Better Health and Fitness Research

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Collaboration encourages healthy lifestyles for adults, and synergistic partnerships between leaders in medicine and exercise through research, education, and training.

SEATTLE – Seattle University launched a new Human Performance Lab at Swedish Medical Center's James Tower Life Sciences Building. Sponsored by the Center for the Study of Sport and Exercise (CSSE) in the College of Arts and Sciences at Seattle University, the Human Performance Lab program is an exciting development in the integration of health care and exercise, research, and student learning opportunities.

"The American lifestyle fosters obesity, hypertension and a host of related mental and physical health problems," says Dan G. Tripps, director of the Center for the Study of Sport and Exercise." The Human Performance Lab is a marvelous example of Seattle University's commitment to educating the whole person" Tripps said.

The Human Performance Lab was formed in collaboration with the Swedish Medical Center for CardioVascular Wellness; the arrangement extends beyond Seattle University. Swedish Medical Center is providing assessment, consultation and laboratory space to CSSE's research and wellness programs. In return, Swedish Medical Center health care practitioners will receive consultation and training services on cardiovascular fitness and wellness programs for hospital outpatients. Research, consultation and training will be conducted by Dan G. Tripps and other members of the Center for the Study of Sport and Exercise.

The Human Performance Lab is currently conducting research in collaboration with the American Council on Exercise (ACE), America's nonprofit fitness advocate and 1-2-3 Fit, a revolutionary fitness center franchise designed for those seeking better health through an effective, yet fun full body workout. The current study will help evaluate 1-2-3 Fit's **Simbio System™** equipment and training circuit which was developed exclusively for 1-2-3 Fit to support its mission of providing the world's best 30-minute personalized workout in a comfortable, non-intimidating environment.

For additional information about the Center for the Study of Sport and Exercise and the Human Performance Lab, please visit www.seattleu.edu/artsci/css.

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