

HEALTHCARE

Equinox improves performance with lab testing partnership

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Function Health's package includes more than 100 tests. Image credit: Equinox

By LUXURY DAILY NEWS SERVICE

American luxury fitness club Equinox is enlisting medical personnel to help its members' wellness pursuits.

Partnering with U.S.-based lab testing platform Function Health, the company's gyms across the country will soon begin to offer services that track a multitude of bodily functions and processes. Through biological data, members will be able to better understand what training is best for them.

"We are ushering in the next chapter of healthspan and longevity with the partnership between Equinox and Function Health," said Julia Klim, VP of strategic partnerships at [Equinox](#), in a statement.

"This partnership represents a new era in personalized, performance-driven health, integrating the highest standards in personal training with cutting-edge research and data across nutrition and regeneration."

Modern medical

More than 100 comprehensive tests will be available exclusively through Equinox and Function Health upon the program's launch.

Measuring healthspan, hormones, heart health, thyroid function, metabolism, blood and many other factors, a custom, performance-driven program is created for each user. Though a date for when members can expect to utilize the platform has not been announced, the brand states that each participant will see an optimization in working out and wellness once it is available.

The landscape of precision training is changing. [@Equinox](#) has partnered with [@function_health](#) to create a new standard of human health and performance.

Together, we integrate cutting-edge science with the art of coaching, offering Equinox members over 100+ whole-body lab tests pic.twitter.com/kUKjyGjcHc

Function Health ([@function_health](#)) [April 11, 2024](#)

“The Function and Equinox partnership is a historical moment where health breaks out of the doctor’s office and extends beyond the fitness club,” stated Dr. Mark Hyman, cofounder and chief medical officer of Function Health, in a statement.

“By combining Equinox’s expertise with Function Health’s 100-plus lab test approach, we’re unlocking a level of health and fitness that surpasses even what top doctors and biohackers can access.”

At the end of 2023, Equinox enlisted a group of wellness experts to man its then-newly established health advisory board ([see story](#)). Through its work with Function Health, Dr. Hyman is the latest addition to the roster.

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