DexaFit Scottsdale Celebrates One Year of Helping the Valley Measure, Track & Improve Health

March 27, 2026

SCOTTSDALE, AZ - March 27, 2026 -
DexaFit Scottsdale, the Valley?s premier provider of advanced body composition and performance testing, is celebrating its first anniversary this month and thanking the Scottsdale community for an incredible year of support. Since opening its doors in early 2025, the locally owned fitness technology center has quickly become a trusted partner for athletes, professionals, and residents focused on achieving better health through data-driven insights.

?Scottsdale welcomed DexaFit Scottsdale with open arms, and the team is incredibly grateful to everyone who has come through their doors,? said Co-owner Collette Brubaker, who runs the center alongside her husband, Chris Brubaker. ?DexaFit Scottsdale?s mission from day one has been to help people better understand their bodies, measure real progress, and use science, not guesses, to reach their goals. Seeing the community?s enthusiasm has been beyond rewarding.?

Over the past year, DexaFit Scottsdale has expanded its services beyond its core DEXA Body Composition,

VO? Max, and Resting Metabolic Rate (RMR) tests to include strength and power assessments, arterial health testing, and cognitive performance evaluations. The center has also added medical bone density scans and new tools like cycling-based VO? Max testing and Moxy sensors for advanced oxygen analysis.

?DexaFit Scottsdale?s clients, ranging from weekend warriors to elite athletes, have been the driving force behind its growth,? said Collette Brubaker. ?The company has built partnerships with local doctors, sports training facilities, and organizations like Driveline and Fitness Collective. Collaboration will continue to be a big focus for year two as the business expands its footprint in the greater Phoenix area.?

DexaFit Scottsdale?s customer satisfaction has been a standout achievement, with hundreds of 5-star Google reviews praising the knowledgeable team, personalized experience, and welcoming environment. The founding staff, Dixie, Rob, and Payson, have been with the studio since day one, and the team has grown to include Jason, Andrew, and Logan to meet increasing demand.

In addition to testing services, the Scottsdale location has focused on helping clients understand how to apply their results in real-world training and lifestyle decisions. Each assessment includes expert guidance designed to translate complex health and performance data into practical recommendations for exercise, recovery, and long-term wellness. This education-first approach helps clients move beyond guesswork by using measurable insights to guide their fitness strategies and health goals.

A growing number of Scottsdale residents are turning to data-driven health assessments as part of a preventive approach to wellness. At DexaFit Scottsdale, technologies such as DEXA scanning, metabolic testing, and cardiovascular fitness analysis allow individuals to measure factors like body composition, aerobic capacity, and metabolic efficiency with clinical-level precision. These insights help clients identify potential health risks early, monitor the effectiveness of training or nutrition plans, and track measurable progress over time. By making advanced testing more accessible to the local community, DexaFit Scottsdale continues to support individuals who want a clearer picture of their health and performance.

Looking ahead, the team is preparing to launch the innovative DexaFit 360 Report, offering members an even deeper view of their health and performance metrics. Seminars on wellness topics such as peptides and menopause are also in development, and new community partnerships will soon be featured on DexaFit Scottsdale?s partner page.

?As a local business, DexaFit Scottsdale is proud to contribute to Scottsdale?s health and fitness scene,? said Collette Brubaker. ?The team can?t thank its clients enough for an amazing first year. Here?s to making year two even stronger.?

About DexaFit Scottsdale

DexaFit Scottsdale provides advanced health, fitness, and performance testing using medical-grade technology to help clients understand their body composition, metabolism, cardiovascular fitness, and overall wellness. Part of a nationwide network of DexaFit centers, the Scottsdale location brings science-based assessments and personalized insights to the greater Phoenix area.

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DexaFit Scottsdale

At DexaFit Scottsdale, clients tap into precision health data to improve fitness, longevity, and body composition. Services include DEXA scans, VO2 Max testing, Resting Metabolic Rate analysis, and 3D Movement Assessments enhanced by AI insights.

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