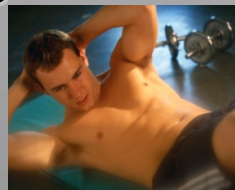
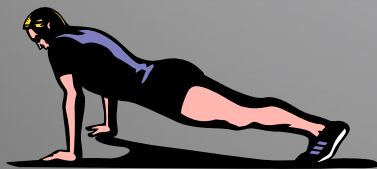


Fitness Screening and Health Assessment Now Available

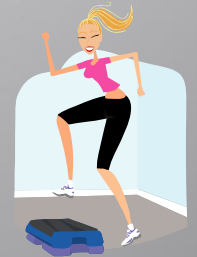
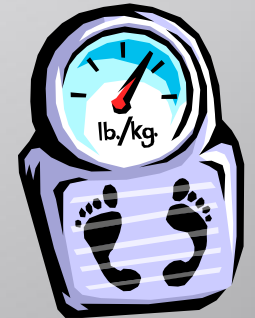
WHAT?

Weight
Blood Pressure
Body Composition
Body Mass Index
Waist-to-Hip Ratio
Cardiovascular Fitness
Muscular Strength
Muscular Endurance
Flexibility
Girth Measurements

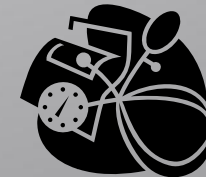


WHY?

Disease Risk
Fitness Category
Provides Baseline
Monitor Progress
Determine Goals



HOW?



Sign up at the Personal
Training Desk
Cost is \$15.00

