

# Buckner Physical Fitness Center

## Free Health & Fitness Assessment



*Micro Fit systems provide a fast, accurate, cost-effective assessment of the physical, behavioral and health status of individual personnel and groups, helping determine health risks, identify appropriate health improvement programs and track outcomes.*

*Computer-controlled Micro Fit assessments provide professional reports with immediate, accurate and personalized feedback to help you create individualized improvement programs and track client progress.*

*Helping people stay healthy costs far less than treating people once they become ill or injured.*

### *What do I need to know after I set up my health and fitness assessment?*

- Your assessment will take approximately 30 minutes.
- Do not exercise before the assessment.
- Wear workout clothes and fitness shoes.
- You will receive a baseline printout after your tests which include blood pressure, resting heart rate, scale weight, body fat %, cardio fitness, flexibility fitness and muscle endurance fitness.
- Optional: Wellness Profile uses a series of 46 questions to get a snapshot of your lifestyle habits in the areas of nutrition, exercise, safety, tobacco and stress.



**Call Judy 384-1305  
or Linda 384-1311  
for your free assessment.**