

MSU WELLNESS CENTER

Physical Fitness Assessments

WHAT IS AN ASSESSMENT?

An assessment gives you general information on your physical fitness level. It is a way to develop goals and monitor improvement.

What is done during an assessment?

- Resting BP
- Resting heart rate
- Body composition
- Cholesterol
- Cardiovascular endurance
- Lower back and hamstring flexibility
- Upper body, Lower body, and abdominal endurance

Personalized exercise programs are available when completing an assessment.

Full time benefit eligible F/S: 1per yr. free (additional during year \$15)
Students: \$15
Retirees, Spouses and non benefit eligible F/S \$25

CALL TO MAKE APPOINTMENT
(606) 783-2083