UNIVERSITY HEALTH & MEDICAL SERVICES (UHMS)

& THE WRAC

WORKOUT

NATIONAL

WOMEN'S HEALTH & FITNESS DAY

Thursday, September 30th, 11:30AM-1:30PM



GET A FREE FITNESS ASSESSMENT @ THE WRAC

Inside the Fitness Center (1st Floor of Wellness Center) Come dress to WORKOUT

Fitness Assessment Consists of:

Blood Pressure, Heart Rate, Body Mass Index (BMI), Body Fat %, Flexibility Testing, Cardiovascular Endurance and Muscular Endurance.

Create a Workout Plan that Works with

