



YMCA WELLNESS CENTER

- ✓ **BLOOD PRESSURE CHECKS:** Ask for Kristen Underwood, Anissa Chapman, or Sylvia Shields

- ✓ **BODY FAT ANALYSIS/MEASUREMENTS:** \$5.00 (by appointment only)

- ✓ **FITNESS ASSESSMENT:** \$25.00 (by appointment only)
-Includes body measurements, body fat analysis, cardiovascular endurance, flexibility and muscular strength/endurance

- ✓ **NUTRITIONAL CONSULTATION:** One-on-one consultation on healthy living plus guidance with weight management and eating behaviors.

- ✓ **CHOLESTEROL SCREENINGS**
1 FREE SCREENING PER YEAR

APPOINTMENTS OR QUESTIONS, PLEASE CONTACT KRISTEN UNDERWOOD, HEALTH/WELLNESS DIRECTOR.