

Well Check

The Well Check is designed to help individuals recognize the importance of good health and physical fitness, evaluate their present fitness level, lifestyle habits and dietary status, and establish a regular exercise program and healthy lifestyle habits. Based on a comprehensive physiological evaluation of an individual's current fitness level, lifestyle habits and diet, our fitness staff can offer recommendations for optimal health and fitness through the development of a personalized fitness and nutrition program.

The Well Check features:

- **Resting heart rate/blood pressure measurement**
- **Cholesterol analysis**
- **Body composition analysis**
- **Muscular strength/endurance tests**
- **Flexibility/range of motion analysis**
- **Graded exercise test**
- **Computerized nutritional analysis**
- **Health risk appraisal**
- **Individual consultation**
- **Exercise program recommendations**
- **Dietary recommendations**

Service

	Quick Check	Fit Check	Well Check
Student/ Member	\$39	\$49	\$69
Affiliate/ Public	\$49	\$69	\$99

(a \$10 discount is given for all Quick Check, Fit Check and Well Check re-evaluations)

Nutritional Analysis/Consultation	\$39
Individual Fitness Consultation	\$39
Blood Lipid Profiles	
(TC, HDL, TRG, LDL)	\$29
(TC-HDL-Glucose)	\$24
(TC-HDL)	\$19

Quick Check

Receive a quick, effective evaluation and helpful recommendations on health and fitness with a Quick Check. This condensed evaluation determines an individual's general fitness level and current health status, and offers information on optimal health and fitness, nutrition, weight management, strength training, sport-specific training or blood pressure reduction. The Quick Check features:

- **Resting heart rate/blood pressure measurement**
- **Cholesterol analysis**
- **Body composition analysis**
- **Health risk appraisal**
- **Individual consultation**
- **Exercise program recommendations**

Fit Check

The Fit Check is designed to help individuals recognize the importance of good health and physical fitness, evaluate their present fitness level and lifestyle habits, and establish a regular exercise program and healthy lifestyle habits. Based on a comprehensive physiological evaluation of an individual's current fitness level and lifestyle habits and diet, our fitness staff can offer recommendations for optimal health and fitness through the development of a personal health and fitness goals. The Fit Check features:

- **Resting heart rate/blood pressure measurement**
- **Cholesterol analysis**
- **Body composition analysis**
- **Muscular strength/endurance tests**
- **Flexibility/range of motion analysis**
- **Cardiovascular fitness test**
- **Health risk appraisal**
- **Individual consultation**
- **Exercise program recommendations**