



**Want a better idea of your physical condition?**

**Are you ready to establish achievable physical goals?**

Our comprehensive health & fitness consultation will help you determine your current physical condition while providing information critical to developing tangible and achievable goals. This 45 minute session will leave you empowered with information to be all you can be!

Physical Composition	Fitness Testing
Tanita® Body Composition	Cardiovascular Endurance
Circumference Measurements	Flexibility
Blood Pressure and Heart Rate Reading	Muscular Strength
	Muscular Endurance

**Register:**

[campusrecreation.lipscomb.edu](http://campusrecreation.lipscomb.edu),

Phone: 615.966.5860

or

Stop by SAC desk

**Rate includes full consultation:**

Free for Students

\$15 Employee

\$20 Community

**\*FREE** with 10 Personal Training Sessions