Health and Fitness Screenings Available at the ARC Every Wednesday

WELLNESS WEDNESDAYS

RESTING BLOOD PRESSURE
RESTING HEART RATE
HEIGHT
WEIGHT
BODY FAT PERCENTAGE (SKINFOLD OR BIA)
BMI CALCULATION

- Tests administered by Exercise Science Student Interns
- Pre-registration is not required
- Visit the Fitness Lab located in the Russell Wright Fitness Center at the ARC
- Screenings available 6 AM - 8 PM Every Wednesday

Contact Ryan Stack with Questions:
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