

***FREE** Physical Fitness Assessments*



Friday, April 27th

11:00 am-12:30 pm

12:30 pm-2:00 pm

2:00 pm-3:30 pm

3:30 pm-5:00 pm

Burdick Hall Room 102

- **RESTING MEASUREMENTS**
(heart rate & blood pressure)
- **BODY COMPOSITION**
(skinfold, circumference, height/weight & BMI)
- **CARDIOVASCULAR ENDURANCE**
(12 minute run/walk test)
- **MUSCULAR FITNESS**
(push up test and ab curl up test for select participants)
- **FLEXIBILITY TESTING**
(sit and reach)

**Registration Open from 4/13/18-4/20/18,
but may close sooner if all spots fill!!**

**Online Sign Up Required via this link:
<http://www.signupgenius.com/go/70aob4da4a92bab9-spring13>**