

# NAB LITTLE CREEK FITNESS PROGRAMS

## FITNESS ASSESSMENTS

Available by appointment, fitness assessments enable the fitness team members to determine physical fitness needs and provide an individualized exercise plan. All assessment reports include body weight, body fat, heart rate, blood pressure, flexibility, strength, and cardiovascular fitness.

## BODY FAT TESTING

Available by appointment. Fitness Team Members are available to assess your body fat using the skinfold technique. It is recommended that you do not exercise prior to testing and wear loose workout attire for the test. Consult one of the fitness team members for more information.

## EQUIPMENT ORIENTATIONS

A variety of state-of-the-art cardiovascular and strength training equipment is available for use. However, learning how to use the equipment can be overwhelming! It is important to know how to use the equipment and our fitness team is here to help. The orientation will cover both the cardiovascular and strength training equipment.

## NEED MORE HELP?

The fitness team members are available to answer all your fitness questions and concerns Monday – Friday from 0530 to 1900. The fitness team members will provide you with plenty of information to help you get started and adhere to your exercise regimen.

**FOR MORE INFORMATION PLEASE SEE A FITNESS  
TEAM MEMBER AT ROCKWELL HALL OR CALL 462-4405**