

Free Fitness Assessments

Allow the Fitness Center Staff to assist in setting your goals; in 45 minutes you will be given the tools to improve your wellness! Receive base line measurements on body weight, body fat, blood pressure, heart rate, bicep strength, back flexibility and cardiovascular fitness. In addition a Wellness Profile program will analyze your current health behaviors and provide recommendations to reduce the risk of future disease. Upon completion of your assessment you will be given a Fitness Profile along with an in depth explanation of your results.



Prior to your assessment you will be required to fill out a short questionnaire to determine your health status and readiness for exercise. Individuals taking heart/blood pressure medications, those with joint/bone issues or patrons under a doctor's care will be required to provide a written doctors approval, this list is not all inclusive so check with your doctor.

Schedule your Free Assessment today by calling the Warrior Fitness Center @ 777-2762; asking at the front desk or by emailing Jessica Rees at Jessica.rees@hill.af.mil. or Kelly Thomas at Kelly.thomas@hill.af.mil.

Must wear workout attire!