

Free Fitness Screenings

2nd Monday of Every Month

*if during a university holiday, screenings on the 3rd Monday



July 13

August 10

September 14

October 19

November 9

December 14

Screenings Include:

- Blood Pressure
- Body Composition
- Blood Sugar (2 Hour Fast Required)
- Height
- Weight
- BMI

4:45–6:45 PM

Hilliard Gates Sports Center, Royal Dons Room

Sponsored By:

IPFW Department of Athletics,
Recreation and Intramural Sports

IPFW Student Government Association

IPFW/Parkview Health and Wellness
Clinic

Stay Informed! Visit

www.ipfw.edu/health

www.ipfw.edu/fitness

Email: tillapau@ipfw.edu

Benefits of Fitness Screenings:

- ⇒ Track your fitness progress
- ⇒ Monitor your health
- ⇒ Keeping track of your health and fitness progress will help you maintain your healthy lifestyle behaviors
- ⇒ Challenge yourself to work hard!
- ⇒ Personal Trainers are available to answer questions, schedule appointments, and schedule free “Getting Started” sessions