



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# The Journey Begins Here

## Free Wellness Consultation

Get the support you need as you embrace your journey for health and well being! Help us – help you. After a discussion about what you would like to accomplish, together we will address your priorities, develop a manageable workout plan and help you get started. Come dressed and ready to exercise! You may schedule an appointment for a consultation, (or a refresher if needed), at the welcome center or health center.

## Free Microfit Assessment

A wellness assessment will provide a professional report which includes immediate, accurate and personalized feedback to help you create a successful exercise program. The information will assist our staff with helping you create both short and long terms goals for continuous wellness success. **Microfit** offers a series of personal assessments that will help you identify your starting point, develop a plan, track progress and achieve your goals.

**Our qualified staff offers a variety of health assessments that will meet your needs!**

For more information or appointments please contact  
Rafael Cano at 908-355-9622

