

# KNOW YOUR NUMBERS

#uaakyn

A PHYSICAL FITNESS ASSESSMENT

## WHEN

October 22 - December 7

## WHO

The program is open to UAA students, employees, and the public.

Must be 18 years-old or older and \*KYN eligible.

## WHERE

Day 1 - Exercise Testing

Human Performance Lab - Eugene Short Hall 102

Day 2 - Results & Prescription

Wells Fargo Sports Complex - Fitness Center

UPGRADE YOUR FITNESS. UNDERSTAND YOUR BODY.  
KNOW YOUR NUMBERS.

**SIGN-UP NOW ONLINE**  
**UAA.ALASKA.EDU/HPER/LAB**

**\$20**

**FOR ALL PACKAGES  
CASH OR CHECK ONLY**

## BASIC PACKAGE

Body Composition - BodPod  
Strength - Push-up Test  
Flexibility - Sit & Reach and a partial Functional Movement Screening (FMS)

## RMR PACKAGE

Everything in the BASIC plus a Resting Metabolic Rate (RMR)

## SUBMAX PACKAGE

Everything in the BASIC plus a VO2 Submax test

\*There will be a health screening process when scheduling your appointment to determine if you are eligible to participate in the Know Your Numbers program.

**ALL TESTS, RESULTS, AND  
DEMONSTRATIONS WILL BE  
GIVEN BY AN HPER STUDENT  
WITH FACULTY OVERSIGHT**



Department of Health,  
Physical Education & Recreation  
UNIVERSITY of ALASKA ANCHORAGE

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