

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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