Fitness Evaluations

Fitness Evaluations are one-on-one health coaching sessions to assist individuals in establishing realistic health and fitness goals by developing a personalized fitness plan and obtain baseline data on body composition and circumference measurements (if desired).

Body Fat Analysis:
- Lange calipers are used to determine body fat percentage by measuring the subcutaneous fat.

Circumferences Measurements (Waist to Hip Ratios are determined and calculated):
- Baseline measurements are taken in inches and reassessed at later determined dates.

For more information about Fitness Evaluations –

Visit our website
http://hr.utmb.edu/hpw

Send an email
hr.wellnessforlife@utmb.edu

Call
(409) 772-3689 or (409) 747-0419