

HEALTH AND FITNESS ASSESSMENT APPOINTMENTS

Conducted by Central's Exercise Science Students



Central Community Health Education Clinic
180 Paul Manafort Dr., New Britain, CT

FEBRUARY 4 - MAY 6

MONDAYS
10:30 AM - 1:30 PM

WEDNESDAYS
11 AM - 1:30 PM

Call **860.832.0235** or Email clinic@ccsu.edu to schedule your MicroFit or ACCUNIQ appointment!

MicroFit Assessment



30 MINUTES

- Blood Pressure
- Aerobic Fitness
- Strength and Flexibility
- Lower Body Power

ACCUNIQ Analysis



30 MINUTES

- Body Composition
- Muscle / Fat Analysis
- Wellness Assessment
- Functional Movement Screen

