

# 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](mailto: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

