

MARCH EVENTS!



Blood Pressure Testing

March 2nd - 6th
FIT@PRC

- Walk up event - no appointment necessary
- Test takes around 3 minutes
- Charts to compare your results to norms
- During open hours March 6am - 7pm

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (Seek your doctor immediately!)	HIGHER THAN 180	and/or	HIGHER THAN 120

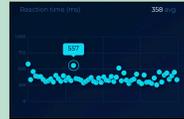
Blood pressure that is too high or too low can damage other organs, causing serious health issues. Come check yours with our automatic BP monitor!

F.I.T. @ PRC



Blaze Pod Reaction Time Testing

March 9th - 13th



- Test takes 1 minute
- Hit as many pods as you can
- Scoreboard to compare with your friends
- Gift card prize for the fastest hands in the west!



How fast can you react?

Faster reaction times can be an indicator of good reflexes, a skill useful in sports and daily life. This drill can help improve your reflexes with a fun game like an athletic "Simon Says"!

This is a walk up event at FIT@PRC

F.I.T. @ PRC



Dead Hang Challenge!

March 16th - 20th
FIT@PRC



Beginner: 10 seconds
Intermediate: 20 to 30 seconds
Advanced: 45 seconds plus

HOW LONG SHOULD YOU BE ABLE TO DEAD HANG FOR?

Why Dead Hang?

- Grip Strength
- Spine Decompression
- Shoulder Health
- Post Training Cooldown
- Muscle Stretch

\$25 Gift Card To The Dead Hang Champ!

This is a walk up event at FIT@PRC

F.I.T. @ PRC



Hula Hoop Throw-down!

March 23rd - 27th
FIT@PRC



How Many Hula Rotations Can You Do in a Minute?

\$25 Gift Card To The Hula Champ!



Exercise hula hoops are one of the best ways to work your core muscles for a toned, strong midsection. And have a blast doing it!

This is a walk up event at FIT@PRC

F.I.T. @ PRC