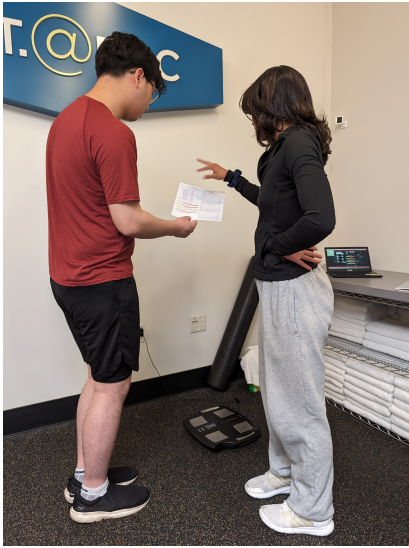


## *Free to FIT@PRC Members!*



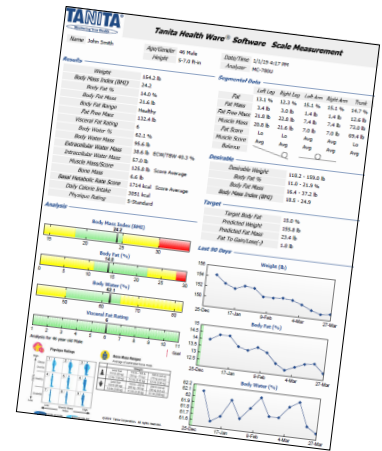
# Body Composition Analysis

# JANUARY 20TH - 23RD

# 10:00 AM - 2:00 PM

# FIT@PRC

# NO APPOINTMENT NECESSARY!



**PLEASE DRESS IN GYM CLOTHES AND BE AWARE  
THAT YOU'LL BE MEASURED IN YOUR BARE FEET.**

**THE TEST WILL TAKE ABOUT 5 MINUTES**

*Our Team will preform the test and assist in interpreting your results*

### How to:

## Body Composition Test and Tips

### Body Fat Testing at FIT@PRC

Go to our website [fit@prc.cpm](mailto:fit@prc.cpm)  
to watch own own video on on  
how the test works



*Bring your coworkers!*

**F.I.T. @ PRC**