



FREE LIFESTYLE ASSESSMENTS

MICROFIT[®]
Health and Fitness Systems

Microfit Assessments

WEIGHT

Height

BMI

FAT % TESTING

NEW

BODY MEASUREMENTS

WELLNESS PROFILE

BLOOD PRESSURE (COMING)



MICROFIT is a software program that analyzes your health and fitness, lifestyle behaviors and current health status. Using this tool our staff will assist you in designing a program to improve your health and well-being and reach your goals.

Contact the Welcome Center today!

Make Your Appointment at the Front