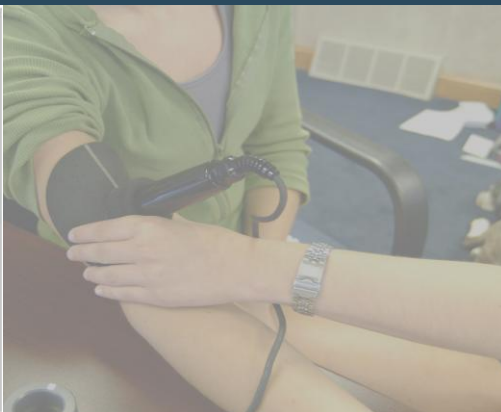


Fitness Package

Provided by **AREUFIT** Health Services, Inc



BODY COMPOSITION

BODY GEM (RMR)

EXERCISE IS MEDICINE SEMINAR

Body Composition

Body composition reflects the results of both physical activity and nutritional practices. Over time, people tend to gain fat and lose muscle without an obvious change in their weight. Even though we need a certain amount of fat in our bodies to insure good health, excess body fat has been found to increase the risk of many diseases.

Body Gem (RMR)

BodyGem calculates your resting metabolic rate (RMR) – it basically will tell you how many calories your body burns at rest. It will tell you how many calories you can eat without gaining weight. It is a great foundation for building a healthy diet

Exercise is Medicine Seminar

Exercise is Medicine is a collaborative effort through the American college of Sports Medicine and the American Medical Association on how exercise can be used to treat and prevent over 40 chronic diseases and improve quality of life.