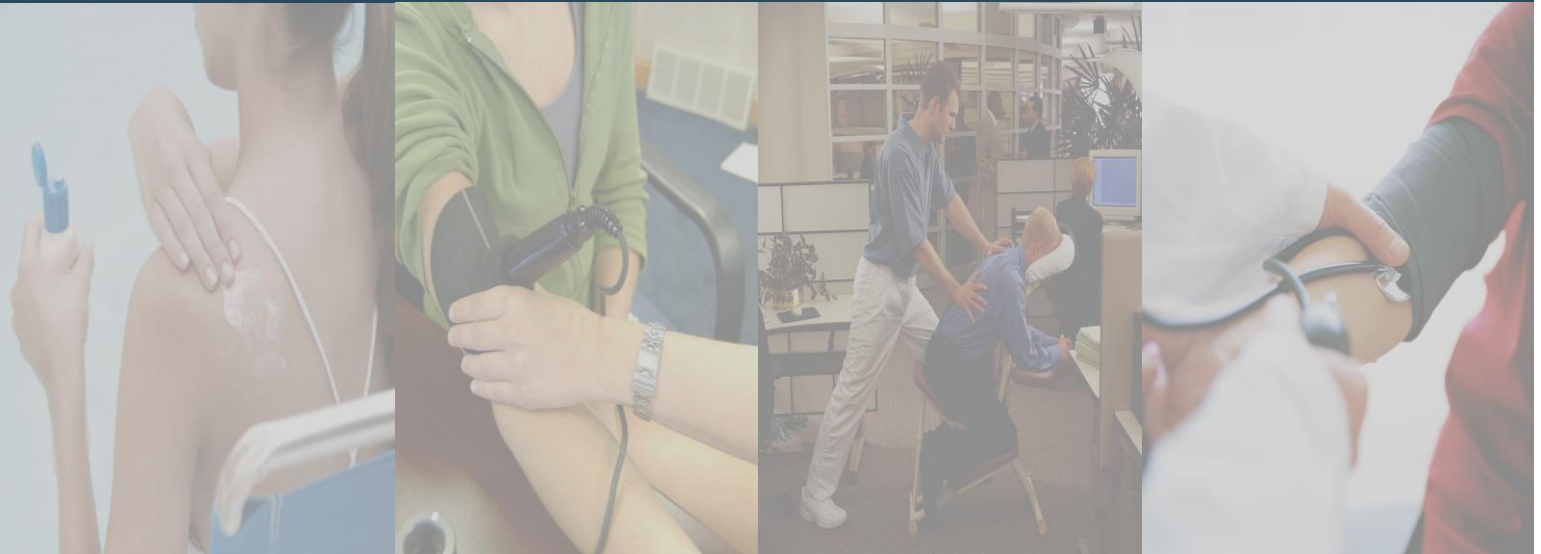


# Our Most Popular Health Screenings

Provided by AREUFIT Health Services, Inc



## **BLOOD PRESSURE**

### *Blood Pressure*

Also known as the silent killer, the US Department for Health and Human Services recommends that all adults over the age of 18 get screened for high blood pressure.

## **DERMASCAN**

### *Dermascan*

The Dermascan is an interactive tool, which enables an individual to view the amount of sun damage on their face.

## **BODY COMPOSITION**

### *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.

## **SEATED CHAIR MASSAGE**

### *Seated Chair Massage*

Massage is a very effective way to reduce stress, alleviate muscle fatigue, and increase circulation. Seated chair mini-massage can be done at the workplace leaving employees feeling refreshed and invigorated.