

# Comprehensive Fitness Assessment

By OSU Exercise Science

Are you interested in knowing your overall current fitness level?

Have you ever wanted to know your % body fat?

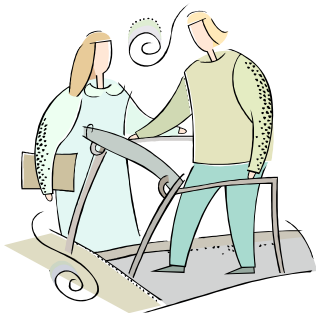
Do you know your capacity to perform aerobic exercise?

Students in the Exercise Testing Lab can assess your body composition, muscular endurance, muscular strength and aerobic capacity for **free**!

All you have to do is be an OSU Student and sign up for a time in the PAES building (right next to the RPAC) in room A25 (that's in the basement).

Students will be conducting fitness assessments from June 10 through July 25, 2013. Future dates include weeks 6-14 of most semesters.

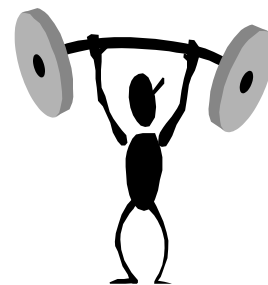
**\*\*Non-students may contact Emily Martini for pricing and availability. [martini.36@osu.edu](mailto:martini.36@osu.edu)**



**Aerobic Fitness**



**Body Composition**



**Muscular Strength**