



“FIT TO BE WELL”

2009

Services available to you,

Free of charge

*For more information on any of the programs below contact
Wellness Center @ (305)237-2838.*

- Health Risk Appraisal Consultation
(Daily appointment preferred)
- Health & Fitness Assessments
(Daily appointment preferred)
- Personalized Exercise Program
(Daily appointment preferred)
- Instructor-Lead Exercise Classes
(Daily, see schedules of classes)
- Other Programs: Group Trainings, Lectures, Speakers
Bureau on Health Topics, Cholesterol, Blood Glucose,
Metabolic Testing and Blood Pressure Screenings
(Monthly, offered throughout the semester)
- Group and Individualized Training programs: Full
exercise class schedule and functional training programs
(Weekly sessions)
- Weight Management Support Programs: Metabolic
Testing Weight Watchers, Nutrition Consultation, Diet
Analysis



**Miami Dade
College**
Kendall Campus
FITNESS & WELLNESS