

**USU WELLNESS SERVICES**  
**Employee Wellness Center: HPER 109**



**Fitness Assessment (FA)\* in HPER 152**

Employee & Spouse/Partner – No Charge  
Child of Employee – No Charge  
Student - \$25  
Non-USU - \$40

**Hydrostatic Weighing**

Employee & Spouse – No Charge  
Child of Employee – No Charge  
Student - \$10  
Non-USU - \$15

**Personal Training (in HPER 109) \*\*4 FREE sessions after your Fitness Assessment**

Employee & Spouse – \$10/session \*\*  
Child of Employee – \$25/session \*\*  
Student - \$25/session  
Non-USU - \$30/session

**Nutrition Consultation with Dietitian**

Employee & Spouse – No Charge  
Student – Student Dietician; 797-1131

**Omron HJ112 Pedometers (HPER 109)**

Everyone - \$21 (Replacement batteries, HPER 109)

**BMI & Body Fat (Bioelectrical Impedance Analysis)**

**Blood Pressure & Heart Rate (HPER 109)**

Everyone – No charge

**Wellness Presentations and Workshops**

Everyone – Please Email or Call us

\*Fitness Assessment: resting heart rate, blood pressure, grip strength, height and weight, body fat (BIA and/or hydrostatic weighing), treadmill cardio test, flexibility, partial curl-ups and push-ups. In HPER 152).

**[BeWell@usu.edu](mailto:BeWell@usu.edu); 435-797-8391**