

USU WELLNESS SERVICES

Employee Wellness Center: HPER 109



Fitness Assessment (FA)* in HPER 152

Employee & Spouse/Partner – No Charge

Child of Employee (16 years and older) – No Charge

Students - \$25

Non-USU - \$40

Bod Pod - Body Composition Test (scheduled in HPER main office)

Employee & Spouse - \$35

Students - \$35

Non-USU - \$45

Personal Training (in HPER 109) **3 FREE sessions after your Fitness Assessment

Employee & Spouse - \$12/session**

Child of Employee (16 years and older) - \$25/session**

Students - \$25/session

Non-USU - \$30/session

Nutrition Consultation with Health Coach

Employee & Spouse – No Charge, email sunny.stewart@usu.edu to schedule

Students – Student Health Center Dietician; 797-1131

Omron HJ320 Pedometers (HPER 109)

Everyone - \$15+tax (Replacement batteries, HPER 109)

BMI, Body Fat Percentage Estimate (Bioelectrical Impedance Analysis),

Blood Pressure & Heart Rate (HPER 109)

Everyone – No Charge

Wellness Presentations and Workshops

Everyone – Please email or call for information.

*Fitness Assessment includes resting heart rate, blood pressure, handgrip strength, height and weight, BMI and body fat estimate (BIA), treadmill cardiorespiratory test, flexibility test, muscular endurance tests of partial curl-ups, push-ups and squats. Testing is done in HPER 152.

Email bewell@usu.edu to schedule appointments or with questions.