

# Free PERSONAL TRAINING IS AVAILABLE

at the CPT Jennifer J. Shafer Odom Fitness Center  
Building 1507

## APPOINTMENTS ARE AVAILABLE FOR THE FOLLOWING SERVICES:

**EQUIPMENT ORIENTATION:** Learn how to use the equipment in the fitness center including cardio machines, nautilus equipment, and free weights. Discover the proper way to use them and how to get the best results.

**FITNESS ROUTINES:** You will receive an equipment orientation plus learn how to put all the equipment into a safe and effective routine based on your fitness/wellness needs and goals.

**SPORT SPECIFIC OR ACTIVITY SPECIFIC FUNCTIONAL TRAINING:** Learn how to train more efficiently for a specific sport or activity.

**FLEXIBILITY TRAINING:** Learn how to stretch properly to regain flexibility or to incorporate flexibility training into your fitness/wellness routine.

**BODY COMPOSITION:** Find out your body's fat percentage by one of two methods. Skin fold can be used by measuring body fat thickness of three specific sites on the body. Also, bioelectrical impedance analysis (BIA) can be used; this non-invasive procedure requires using a handheld device which will send a small electrical current through the body.

**NUTRITIONAL ANALYSIS:** Recommendations are given to improve your diet based on the analysis of a three day food log and your fitness/wellness goals.

**FITNESS ASSESSMENT:** Find out your total body fitness level. Receive recommendations after measuring blood pressure, heart rate, body weight, body fat, aerobic endurance, muscular strength and endurance, flexibility, and much more using our new MicroFit Health and Fitness System.



**FOR MORE INFORMATION, CALL  
301-619-2947**

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