

The LifeFit Experience

Welcome to the LifeFit Center!

We are delighted to support your health and fitness.

Our process at LifeFit starts with completion of New Member Paperwork - please tell us a little bit more about you and your health and fitness goals.

Then, we will reach out to schedule your complimentary assessment appointment.

Following your assessment appointment, you are invited to meet with a LifeFit team member to discuss your goals and plan your personalized fitness program.



New Member Packet

This packet includes (1) New Member Paperwork (contact and health history info), and (2) an assessment menu and order form.



Vitals Assessment

(1) Heart rate and (2) blood pressure. These vital measurements provide insight into the health of your heart and vessels.



Body Composition

(1) Circumference measurements (waist, hips) and (2) an InBody scan provide your baseline body composition (muscle, fat, water).



Fitness Assessments

Include: balance, functional movement, cardio, strength, endurance, and flexibility.



Equipment Orientation

30-minute appointment with a LifeFit team member to familiarize you with equipment.



Goal Setting & Program Planning

30-minute appointment with a LifeFit team member to use insights from your assessments to support you in setting goals and selecting programming.



Personalized Program & Plan

Start your physical activity program and reach your goals!

New Member Paperwork



Assessments: Vitals, Body Composition, Fitness



Equipment Orientation



Goal Setting & Program Planning



START Personalized Program

**TO START YOUR LIFE FIT EXPERIENCE,
CONTACT OUR TEAM AT 562-985-2015.**

Website: www.csulb.edu/lifefit