

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.



New Member Packet

New Member Paperwork
- contact and health history information



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)
(2) An InBody scan provides your baseline body composition (muscle, fat, water).

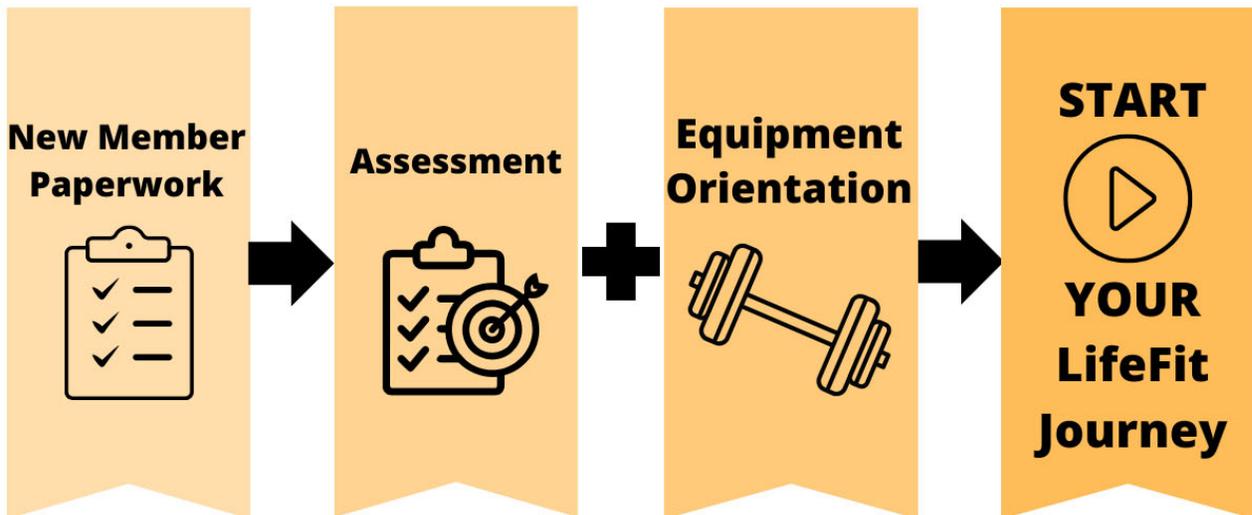


Equipment Orientation

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



Balance Assessment *optional



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



LONG BEACH
STATE UNIVERSITY
LifeFit