

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

- (1) New Member Paperwork
(contact and health history info)
- (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)
- (2) An InBody scan provides your baseline body composition (muscle, fat, water).



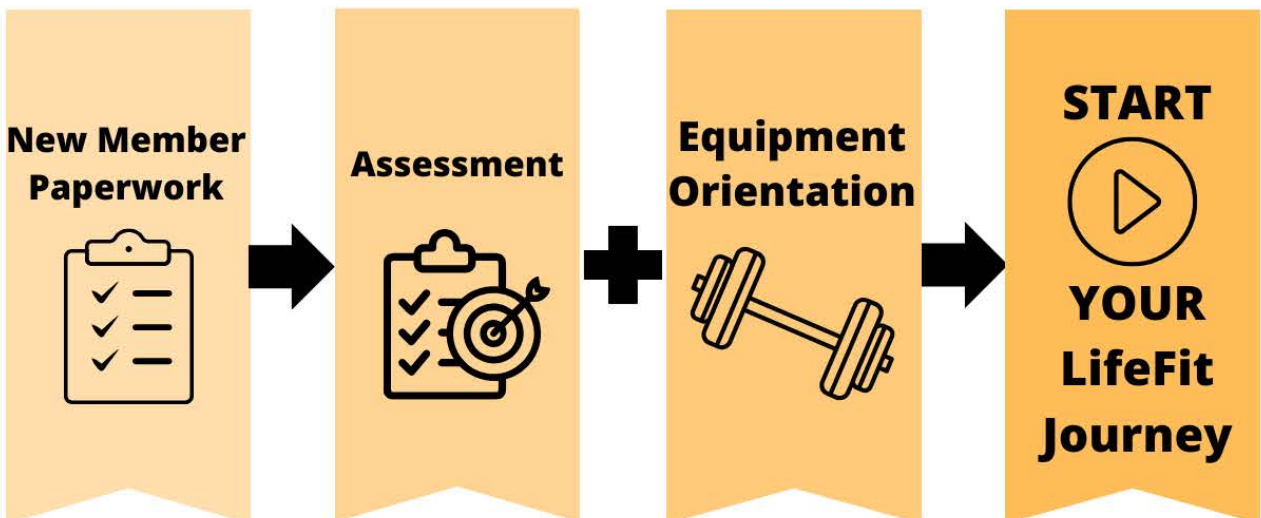
Equipment Orientation

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



Fitness Assessment

Choose from the following: balance, agility, functionality, cardio, strength, endurance, or flexibility.



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



LONG BEACH
STATE UNIVERSITY
LifeFit