

# 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).



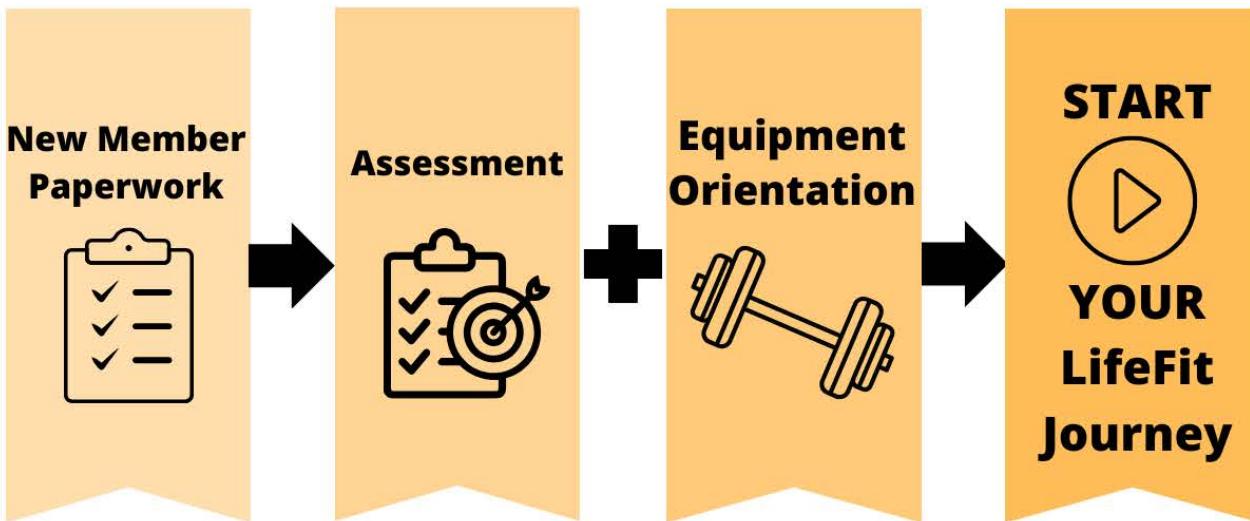
## Equipment Orientation

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 LIFE FIT EXPERIENCE,  
CONTACT OUR TEAM AT 562-985-2015.



**LONG BEACH**  
STATE UNIVERSITY  
LifeFit