

DON'T MISS OUT!

Every W.O.W. pass includes the following complementary services. Take full advantage of your fitness pass and schedule your appointments today!

- 1-hour nutrition or fitness consultation with Employee Health Promotion. Work with a registered dietitian nutritionist or personal trainer to build your plan. Contact EHP at ehp@unm.edu or 505-272-4460 for details.
- Quick Fitness Assessment with the Exercise Physiology Lab. Test your strength, cardiovascular fitness, flexibility, and more to find out if your program is working. Contact the lab at 505-277-2658 for your appointment.

LOBOFIT
RECREATIONAL SERVICES



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