




Shine
SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



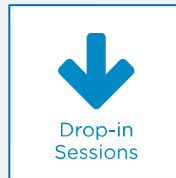
**Hamilton
Health
Sciences**

KNOW YOUR #s



ShineHHS.ca

KY#s IS BACK THIS FALL!



Knowing Your Numbers is a great way to find out where you're at now, track success and keep focused on your fitness and health goals!

Don't miss this opportunity! Students from the Health, Wellness and Fitness program at Mohawk College will be onsite to provide Body Composition Assessments and Blood Pressure checks. It's quick too! Just 10 minutes is all you need to get a full summary of your results!

Drop-in assessments are FREE, so stop by to get your numbers, speak with a fitness coach, and track your progress!

Mark Your Calendar!

Wed Sep 20	MUMC	10:00 AM – 12:00 PM MUMC Wellness Centre (1J3)
Wed Oct 4	HGH	10:00 AM – 12:00 PM HGH Wellness Centre (Rm 403)
Wed Oct 11	KING WEST	10:00 AM – 12:00 PM Wellness Centre – 23 rd Floor
Wed Oct 18	WLMH	10:00 AM – 12:00 PM Conference Room A
Wed Nov 1	SPH	10:00 AM – 12:00 PM SPH Wellness Centre (Rm 0056)
Wed Nov 8	JHCC	10:00 AM – 12:00 PM JHCC Wellness Centre (M1-15)

DROP IN SESSION!

Learn more about Shine: [@hhsshine](https://twitter.com/hhsshine)
shinehhs.ca

**ATTEND AND YOU WILL EARN 250
Change4Life BONUS POINTS!!!**

Your assessment will include:

- Blood Pressure
- Waist Circumference
- Body Fat %
- BMI (Body Mass Index)
- BMR (Basal Metabolic Rate)
- Total Body Water

Benefits of a fitness assessment:

- Attaining a proper baseline
- Setting attainable goals
- Increase success
- Identify strengths and imbalances