




**Shine**  
SUPPORTING HEALTH IN EVERYONE  
AN HHS PROGRAM



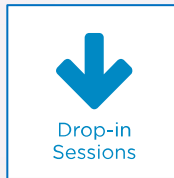
**Hamilton  
Health  
Sciences**

# KNOW YOUR #s



ShineHHS.ca

## KY#s IS BACK THIS WINTER!



**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!

### 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

### Mark Your Calendar!

Wed Feb 7	SPH	10:00 AM – 12:00 PM SPH Wellness Centre (Rm 0056)
Wed Feb 14	KING WEST	10:00 AM – 12:00 PM Wellness Centre – 23 <sup>rd</sup> Floor
Wed Feb 28	WLMH	10:00 AM – 12:00 PM Conference Room A
Wed Mar 7	JHCC	10:00 AM – 12:00 PM JHCC Wellness Centre (M1-15)
Wed Mar 21	MUMC	10:00 AM – 12:00PM MUMC Wellness Centre (1J3)
Wed Mar 28	HGH	10:00 AM – 12:00 PM HGH Wellness Centre (Rm 403)

**DROP IN  
SESSION!**

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

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