

In order to make an appointment please email us at [wellness@lsuhsc.edu](mailto:wellness@lsuhsc.edu) or [nbaron@lsuhsc.edu](mailto:nbaron@lsuhsc.edu) with your specific information:

- Name:
- Dates available: (please put more than one)
- Times available: (please put more than one)

And tell us what your interests are:

- Body Fat (Tanita)
- Body Fat (Skinfolds)
- Girth Measurements
- Waist-to-Hip Ratio
- Cardiovascular testing
- Push-up Max
- Biceps Strength
- Flexibility

You can choose more than one test.