

# FREE FITNESS TESTING AND PROGRAMMING

A wellness committee working through the Human Performance and Physical Education department at Adams State University, Empower U, and Unidos Equity Engagement Grant is seeking participants for a 10-week innovative study.

We are offering the following benefits for participation in this study:

- Free fitness testing (pre/post)
- Free physical activity programming (3x/week)
- Educational materials
- The opportunity to gain a better understanding of your cardiorespiratory fitness, muscle fitness, flexibility, body composition, cognitive health, and emotional health.

If you are 18 years of age, or older, and are healthy enough to participate in physical activity, please contact the researchers listed below to be a part of this study.

PLEASE CONTACT: Maria Martinez, Human Performance and Physical Education, [mmmartinez@adams.edu](mailto:mmmartinez@adams.edu), 719-588-5847, for further details.



