



New Year, New Fit is designed to give participants an opportunity to understand their health metrics as they begin the new year. This program will feature a Tanita Body Scan and various timed tests.

Kick off the new year by joining one of two sessions!

Monday, January 12th

Morning Session: 6:00 AM - 8:00 AM

Evening Session: 5:30 PM - 7:00 PM

NIHI DINE'É BÁ WELLNESS CENTER
FT. DEFIANCE, ARIZONA

SESSIONS WILL INCLUDE

- **Tanita Body Composition Scan**
- **1 Mile Cooper Test**
- **Sit to Stand**
- **Dumb Bell Curl**
- **Timed Plank**

FOR INFORMATION, CONTACT

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