

# Fit To Win Services

- Individualized Wellness Program Planning
- Individualized Fitness Plans Which Includes 24 Free Pentagon Athletic Center Visits
- BOD POD Body Composition Testing
- Running Gait Analysis
- Corrective Exercise Screening
- Individualized Dietary Counseling For TRICARE Beneficiaries
- Aerobic Capacity Testing
- Blood Lactate Testing
- Tobacco Cessation Support
- Sleep Hygiene Education
- Hypertension Education and Consultation
- Blood Pressure Screening via Self-Serve Kiosk or by Appointment if Documents Need to be Signed
- Monthly Health Education Classes