



Every Member Receives \$300*



Every member receives a **FREE** annual Bridge Assessment - a \$300 value! Your Assessment includes:

Phase 1:

- Exercise & Nutrition Screening
- Resting Heart Rate & Blood Pressure
- Body Composition, Body-Mass Index, Circumferences
- Posture & 7-Point Functional Movement Screening
- Resting Metabolic Rate or Aerobic Capacity Analysis

Phase 2:

- Clinical Blood Test
- Cardiac Risk Profile
- Lipid Panel
- Fasting Blood Glucose Blood Profile Analysis

Phase 3:

- Complimentary 60-Minute Fitness Coaching Session

**Centegra
Health Bridge
Fitness Center**
WELL BEYOND EXPECTATIONSM

**Schedule your FREE Bridge
Assessment today!**
Call (815) 444-2900 or stop by Concierge.

*One Bridge Assessment per active member, per year. May not be exchanged for cash or applied to any other service. Offer exclusive to annual Bridge Assessment only. No cash value.

Centegra includes hospitals in McHenry and Woodstock, Immediate and Primary Care centers, Health Bridge Fitness Centers and more.

   It's healthcare so good you don't have to leave McHenry County to stay well. **(815) 444-2900 | healthbridgefitness.com**