

# Health and Fitness **EXPO**

*know your numbers*

## Get **Fit** Here!

### September 30

9:00 a.m.–2:30 p.m.

in the RecPlex basketball courts, second floor



#### **Healthy Fun for Everyone!**

Win prizes, play games, enjoy healthy snacks, and have fun as you find easy ways to bring more health into your life, and how NSU resources can help you learn to control your healthcare costs.



#### **Know Your Numbers!**

Enter a chance to win a **FREE iPhone** just by completing your metabolic screenings (including glucose, blood pressure, cholesterol, and waist circumference)



#### **Win Prizes!**

Complete an activity at each booth and earn “Nova Bucks.” The more you play, the greater your chances to win a prize of your choice.



#### **Fitness Demos**

Fitness Demos including workouts you can do at home, get fitted for your spin bike, and CPR/AED Demos.

*Also, you will receive a complimentary copy of our inaugural issue of NSU's Wellness Magazine, **Wellness Made Simple.***



For more information,  
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