



# BACONE COLLEGE

## Bacone Health and Fitness Lab

**Location:** CCHarmon #117 | **Hours:** MWF 10-11, 1-2 TR 10-1:30 or by appointment | **Contact:** halew@bacone.edu

The Bacone Health and Fitness Lab is committed to creating a healthy campus culture for stakeholders through health screenings, fitness assessments, and health programming. The facility seeks to promote healthy lifestyles and lifelong learning through the highest quality programs in the areas of health, fitness, and wellness.

The Bacone Health and Fitness team continually develops new programs and services to fit the ever-changing wellness needs of the Bacone campus community. Services include:

Student/Employee Health Risk Appraisal (HRA), Fitness Consultation/Programming, Healthy Eating Education, Special Health Promoting Events, and Performance Based Assessment.

### Questions & Answers

**Q. Who can use the Bacone Health and Fitness Lab?**

**A.** Any full-time student, faculty, or staff currently enrolled/employed at Bacone College.

**Q. Who are members of the Bacone Health and Fitness Lab team?**

**A.** Dr. William D. Hale, CSCS  
Advanced Exercise Science Students

**Q. What is included in the Student HRA session?**

**A.**

» Cholesterol	» Body Composition
» Blood Pressure	» BMI (Body Mass Index)
» Heart Rate	» Glucose
» Height/Weight	» All tests are optional.

**Q. What is included in the Fitness Consultation/Programming session?**

**A.**

» Cardiorespiratory Endurance Assessment	» Muscular Fitness Assessment
» Flexibility Assessment	» Exercise Program Recommendations

**Q. What is included in the Healthy Eating Education session?**

**A.**

- » Present information on MyPlate Dietary guidelines and its application to daily life.
- » Develop strategies for healthy eating practices.
- » Determine areas for improvement in current eating behaviors.

**Q. What type of Special Health Promoting Events will occur through the Bacone Health & Fitness**

**A.**

» Lab?	» Warrior 5K fun-run
» Fact symposium for student athletes on Performance Enhancing Drugs (PEDs)	» Bacone Student Health Fair
	» Healthy Speaker Symposium Series