

Free Personal Training is available at the CPT Jennifer J. Shafer Odom Fitness Center



Appointments are available for the following services...

Equipment Orientation: Learn how to use all the equipment in the fitness center, including the cardio machines, nautilus equipment, and free weights. Discover the proper way to use them and how to get the best results.

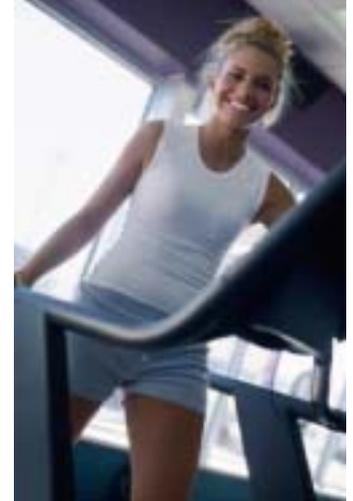
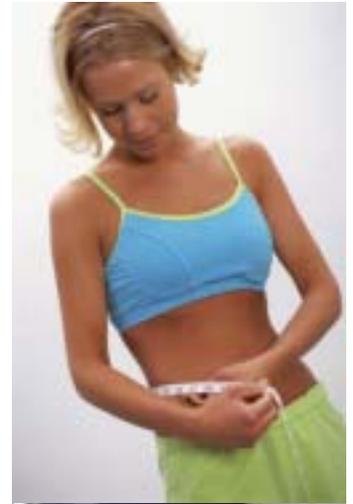
Fitness Routines: You will receive an equipment orientation plus learn how to put all the equipment into a safe and effective routine based on your fitness/wellness needs and goals.

Sport Specific or Activity Specific Functional Training: Learn how to train more efficiently for a specific sport or activity.

Flexibility Training: Learn how to stretch properly to regain flexibility or to incorporate flexibility training into your fitness/wellness routine.

Body Composition Testing: Find out your body fat percentage by one of two methods. Skinfold can be used by measuring body fat thickness of three specific sites on the body. Also, bioelectrical impedance analysis (BIA) can be used. This non-invasive procedure requires using a hand-held device which will send a small electrical current through the body.

Nutritional Analysis: Recommendations are given to improve your diet based on the analysis of a three day food log and your fitness/wellness goals.



For more information and to make an appointment, please call 301-619-2947

www.detrick.army.mil/wellbeing