



Learn More. Move Well.

Offered by UofL Health Promotion Office in the SRC

louisville.edu/healthpromotion

4 appointments with your personal Fit Coach include:

Fitness assessment

Workout program

Progress Tracking

Program updates

Fit Socials

Fit Accountability

U-Fit T-Shirt

Schedule Appointment at: louisville.edu/healthpromotion

502.852-5429



HEALTH
PROMOTION