

S.P.I.S.E. - Physical

<p>Physical</p> <p>NURTURING THE HEALTH OF OUR BODIES WITH RESPONSIBLE CHOICES</p> <ul style="list-style-type: none">• Blood Pressure• Cholesterol• Nutritional Habits• Activity / Exercise• Body Composition• Substance Abuse	<p>Physical</p> <p>UNMC:</p> <ul style="list-style-type: none">• Health Fair (screening & assessments)• Blood Pressure• Cholesterol• Cardiac & Cancer Risk <p>Center For Healthy Living</p> <ul style="list-style-type: none">• Activity / Exercise• Body Composition• Blood Pressure• Heart Rate• Fitness Testing <p>Faculty/Employee Assistance Program & Student Counseling</p> <ul style="list-style-type: none">• Smoking Cessation Classes• Substance Abuse <p>Food & Nutrition Services</p> <ul style="list-style-type: none">• Nutrition• Counseling• Nutritional Analysis
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Any comments or suggestions regarding this web page can be emailed to rpruch@unmc.edu
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