

## GOT GOALS?

Do you want to

Reduce Stress? Improve Sleep?

Quit Tobacco? Improve Fitness?

Lose Weight? Get Lean? Improve

Health? Improve Nutrition and

Healthy Eating? Get Stronger?

Move Better?

Contact the Wellness Office Today!

## FREE

Open to Basic and Advanced

students, the wellness services

described in this brochure are

100% FREE (no cost to you). Yes,

services that would cost \$100's or

\$1000's are completely free.

## CONFIDENTIAL

Your personal health information

is confidential and protected.

## PROFESSIONAL

Professional and qualified staff.

To:

Schedule an appointment

Reserve a seat in an education  
class

Request a wellness education  
class for your group

Call

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(912) 267-2262

Or

Email

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FLETC-Wellness@fletc.dhs.gov

Or

Visit the Wellness Office

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Building 210, Room C-9

View the Wellness Calendar at

[www.fletc.gov/glynco-campus-life](http://www.fletc.gov/glynco-campus-life)

**Federal Law Enforcement**

**Training Centers**

# Student Wellness Program

**FLETC Glynco**

**FLETC's**  
**well** **365**  
*Restore. Sustain. Enhance.*

# Train Well. Live Well.

## Nutritional Needs Assessment

Whether you want to gain, lose, maintain weight, or just improve your health and performance, our nutritional needs assessment is right for you. Using state of the art equipment, in this assessment we measure your metabolism at rest, your resting heart rate, resting blood pressure, body composition, review your nutritional habits/ food intake, and lifestyle factors. From your assessment results we develop a plan of action to achieve your desired goals.



## Health-Fitness Assessment

Want to improve your overall fitness and physical preparedness? Using state-of-the-art technology and other assessment tools, you complete a battery of tests to measure your body composition, cardiorespiratory fitness, muscular strength, muscular power, muscular endurance, balance, and mobility. A customized training program, based on your results, is provided to meet your fitness needs.

## Wellness Education

Get the skills, knowledge and tools to restore, sustain, or enhance your wellness. Lessons include healthy eating & meal planning, personal fitness planning, stress mitigation and mindfulness, tobacco cessation, healthy sleep, personal finance, leading a healthy life, and more.



## Wellness Coaching

1-on-1 “you-centered” coaching to harness your strengths and empower you to achieve self-determined wellness goals.



PHYSICAL



OCCUPATIONAL



INTELLECTUAL



SOCIAL



ENVIRONMENTAL



FINANCIAL



EMOTIONAL



SPIRITUAL