



COOPER QUEST WEEK November 11-15

Well-Being Assessment

New to Cooper Quest—the Well-Being Questionnaire. Answer 10 questions to evaluate your current habits and identify possible areas of improvement to achieve total well-being. Stop by the Cooper Quest table to complete the questionnaire.

MAKE-UP ASSESSMENTS

It's your last chance to complete your 2019 Cooper Quest score and earn an extra reward at the end of the year.

Blood Work 10-minute session

Finger stick; Fasting 10-12 hours required

November 11: 6-11 a.m.

November 12: 6-9 a.m.

November 13: 9-11 a.m.

November 14: 6-9 a.m.

Body Composition 5-minute session

No appointment required

Cardiovascular Fitness

20-minute session

One-mile walk or 1.5-mile run

November 11: 8-11 a.m. | 3-6 p.m.

November 13: 6-9 a.m.

Functional Fitness 20-minute session

Evaluation of seven movement patterns

November 12: 7-11 a.m. | 4-6 p.m.

November 14: noon-1 p.m.

Walk-Up Appointments

November 15: 6-11 a.m.

A limited number of assessments are available. First come, first served.

EVENTS

Healthy Habits Challenge

Wrap up the year focused on your overall well-being and begin a plan for next year. Complete 28 of the Healthy Habits challenge activities and your 2020 goal setting questionnaire to earn a prize!

November 4-December 15

Scorecard Distribution

Keeping score is a good thing! Pick up your Cooper Quest Scorecard showing the results of our assessments this year including your Well-Being Questionnaire.

November 19: 11 a.m.-1 p.m. | 4-6 p.m.

November 21: 6-9 a.m.



Register for events on the Cooper Quest web page, on the CFC Member App or at the Service Desk.