WHO ARE WE?

The Ball State University Nutrition Assessment Laboratory strives to help students take positive steps toward improving their health by offering nutrition screenings, counseling and education. The lab is staffed by an RD/RD-eligible graduate student in Nutrition and Dietetics who is supervised by a Registered Dietitian (RD) from the Department of Family and Consumer Sciences. The goal of the Nutrition Assessment Lab is to promote health and wellness among Ball State students!

WHAT DO WE PROVIDE?

- Body Composition $5.00
  - Includes height, weight, body mass index, body fat analysis
- Biometric Testing $15.00 *
  - Includes body composition plus lipid profile, glucose, and blood pressure
- Nutrition Counseling $25.00
  - 45 minute counseling session with a Registered Dietitian
- Nutrition Counseling + Biometric $35.00 *
  - 45 minute counseling session with a Registered Dietitian including biometric testing

* Must fast for 8 hours prior to appt for accurate results

INTERESTED?

Choose your assessment by completing the online registration located at:

http://bsu.edu/recreation/student-nutrition.html

The Working Well Office will contact with you within 48 business hours to schedule your appointment. The cost can be paid for by credit card at time of registration or by dropping off cash or check at the Recreation Services Main office prior to your appointment. Walk-in appointments are not available.

If you have further questions, please contact the Working Well Office at workingwell@bsu.edu or call 765-285-9355.