

# You're Invited to a Health Assessment!

Dear Valued Member,

We are excited to invite you to participate in a complimentary health assessment at our fitness center. This assessment will provide you with valuable insights into your overall health and fitness level.

**Date:** [Insert Date]

**Time:** [Insert Time]

**Location:** [Insert Location]

During the assessment, our certified trainers will evaluate key health metrics including body composition, cardiovascular fitness, and flexibility. This information can help guide your fitness journey and optimize your workouts.

Please RSVP by [Insert RSVP Deadline] to secure your spot.

We look forward to helping you achieve your health and fitness goals!

Best Regards,  
[Your Fitness Center Name]  
[Contact Information]