

SPRING 1999 FITNESS PROGRAM



EDUCATIONAL PROGRAMS:

"Nutrition Awareness"

Presenter: Laurie Austen-Kern
Date: Monday, March 22 at 12 noon
Location: Room 1112, Student Center

"Cooking Healthy Meals"

Presenter: TBA
Date: Monday, March 3 at 12 noon
Location: Room 1112, Student Center

HOW PHYSICALLY FIT ARE YOU?



By participating in either Phase I & II or Phase III & IV of the Fitness Assessment Workshops (see schedule below) you will receive a fitness report and an experienced trainer will prepare a fitness prescription for you. Each of the Fitness Assessment Workshops will last for approximately 2 hours. The types of fitness tests that will be conducted in these workshops include:

- *Resting Heart Rate
- *3-Minute Step Test
- *Flexibility
- *Muscle Strength (Lower & Upper Body)
- *1.5 mile run or walk
- *Resting Blood Pressure
- *Body Composition
- *Muscle Endurance (sit-ups)

After receiving your exercise prescription, it is hoped that you will begin implementing it. In order to help you stay motivated, we plan to pair all willing volunteers with an exercise buddy (or you can choose your own buddy). **Since there are no more spaces available for Phase I & Phase II of the Fitness Workshops, you can go ahead and sign up for Phase III & IV that will be conducted in April. (Class size is limited to 25 participants)**

Physical Fitness Workshops:

Physical Fitness Assessment: Phase I

Date: February 22, 1999 / 3 p.m. – 5 p.m.
Location: ~~Class Filled~~ Weight Room, Lovette Hall

Physical Fitness Assessment: Phase II

Date: February 27, 1999 / 3 p.m. – 5 p.m.
Location: ~~Class Filled~~ Gym, Technical Arts Bldg.

Physical Fitness Reassessment: Phase III

Date: April 15, 1999 / 3 p.m. – 5 p.m.
Location: ~~Class Filled~~ Weight Room, Lovette Hall

Physical Fitness Reassessment: Phase IV

Date: April 22, 1999 / 3 p.m. – 5 p.m.
Location: Gym, Technical Arts Bldg.

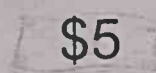
INCENTIVE PROGRAM

Everyone who participates in this Fitness Program will receive some really "cool prizes."

*After attending two educational sessions you will get an official WCC Wellness Center Water Bottle that is filled with healthy snacks.



*After attending Phase I and Phase II of the Fitness Assessment Workshops or Phase III and Phase IV, you will get a \$5 gift certificate for a healthy meal at the college cafe.



*After attending two educational programs, and all four phases of the Fitness Assessment Workshops, you will get an official WCC Wellness Center T-Shirt!!!



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