

# Welcome!

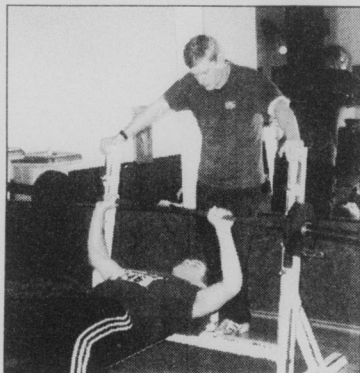
Welcome to the University of North Carolina Student Recreation Center (SRC) and the Center for Healthy Student Behaviors (CHSB). These state of the art facilities are designed to meet the recreational, fitness and wellness needs of the individual. In the undertaking of this mission, personnel seek to create a climate that motivates and promotes a healthy lifestyle and enhances the quality of student lives.

## What's Available?

- Strength and conditioning areas
- 2 group exercise studios with over 40 fitness/aerobic sessions per week
- Special programs and events
- Center for Healthy Student Behaviors
- Fitness assessments

The fitness area located on the ground level of the SRC includes 2 full Cybex circuits, Hammer Strength plate loaded equipment and free weights. There is also a variety of cardiovascular equipment for aerobic exercise located on both levels including treadmills, stair climbers, bikes and rowers.

The CHSB has two offices funded by the Student Health Service (SHS)— one office is located on the ground level of the SRC; the other office is located on the second floor of SHS. A variety of services are provided in order to increase the health and wellness of UNC- CH students.



## WORKSHOPS

The Center For Healthy Student Behaviors will be offering the following workshops. Workshops will be held in the Conference Room located in the CHSB office in the Student Recreation Center. Call 962-9355, space is limited.

### Nutrition:

#### Eating Lite, Eating Right

"Get the scoop on diet fads and healthy eating."

Thursday, January 27 5-6 pm  
Thursday, April 13 5:00-6:00 pm  
Location: SRC Conference Room

#### How Not To Be a Restaurant Rookie

"Spinach salad - most healthy choice? Think again. . ."

Thursday, February 24 5-6 pm  
Location: SRC Conference Room

### Sports Nutrition

Learn how to fuel your body for peak performance.

Thursday, March 9 6:30-7:30 pm  
Tuesday, April 18 6:30-7:30 pm



# Reaching out...

**NUTRITION...**The CHSB offers one-on-one consultation and referral in nutrition-related topics such as healthy eating habits, weight management, eating disorders, and sports nutrition. Call 962-9355 to schedule an appointment.

## WEIGHT TRAINING

### How to be Your Own Personal Trainer

**Program Date:** Sunday, January 30; February 27  
**Time:** 3:30-5:00 pm  
**Registration:** Sign up at the SRC Front Desk; space is limited to 10.  
**Location:** SRC Fitness Area/SRC Conference Room located in the CHSB.

Learn strength training principles and how to apply them to create a safe, effective, challenging workout. Come dressed to exercise.

### W.O.W. (Women On Weights)

**Program Date:** Saturday, January 29; February 26  
**Time:** 10:30 am-noon  
**Registration:** Sign up at the SRC Front Desk; space is limited to 15.  
**Location:** SRC Fitness Area/SRC Conference Room located in the CHSB.

This is an introduction session aimed at addressing specific concerns for women interested in beginning a strength program or those who currently strength train and want to progress. Come dressed to exercise.

### Personal Fitness Training

Personal Fitness Training is a program designed to assist members with their fitness/exercise goals through one-on-one training. To participate complete a registration form and return to SRC room 201 or 202.

The cost is: 2 training sessions...\$30  
3 training sessions...\$45  
5 training sessions...\$50

### Group/Pairs Personal Training

What is it? A training format designed to allow for 2 people to train together at the same time under the supervision of the same trainer.

Benefits: Less intimidating with a partner. Your partner can help push and motivate you. You get the benefits of a trainer at the reduced cost and it's a lot of fun!

2 training sessions...\$25.00/person  
3 training sessions...\$40.00/person  
5 training sessions...\$45.00/person

## FITNESS

### FREE Fitness Orientations

Fitness Monitors are available by appointment or drop in for 20-30 minute **Fitness Orientations** (individual or group instruction) to the Cybex equipment and various cardiovascular machines. This service is available FREE to students and facility use card holders. Appointments may be made by signing up at the Fitness Monitors' desk in the weight room.

### Fitness Consultations

The CHSB offers free fitness consultations by graduate students. These consultations are available for students interested in an individual fitness program development. Students may call 962-9355 to schedule an appointment.

### F.I.T. STOP

Students can have their physical fitness assessed through F.I.T. STOP at the CHSB. This program provides an opportunity for students to learn about the various dimensions of physical fitness (cardiovascular endurance, body composition, flexibility, muscular strength, and muscular endurance). Students can also have their aerobic capacity measured via an ECG Submax Bike Test. F.I.T. STOP is staffed by trained students. Call 962-9355 to make an appointment for the general fitness assessment and/or the submax bike test.

**ANAD...**Anorexia Nervosa and Associated Disorders is a support group for persons learning to cope with and recover from eating disorders. Group meetings are weekly at the CHSB- SRC location Conference Room. Call 962-9355 for more information.

**CARED...**Concern for Anorexia and Related Eating Disorders is a support group for people who know someone whom they think may have an exercise and/or eating disorder. Group meetings are weekly at the CHSB-SRC location Conference Room. Call 962-9355 for more information.