



WELL-BEING INITIATIVE- 2011/2012 FITNESS ASSESSMENT AND PERSONAL TRAINING

The SU Human Resources and Exercise Science departments are collaborating to offer fitness training and support to faculty and staff members, graduate students and their spouses/domestic partners. Students in the ESC 422 Exercise Testing and Prescription class will be paired with participants in the program and will work under the supervision of the Exercise Science faculty member Dr. Russell Robinson.

- Each participant will receive a comprehensive fitness evaluation from the student/trainer with whom the participant is paired. The evaluation will take approximately one hour and will be arranged by mutually agreed upon appointment.
- An individualized fitness program will be developed for each participant based on the evaluation and the individual needs and abilities of the participant.
- Fitness programming will include an appropriate combination of strength/resistance, flexibility and cardio exercises. Participants will be required to use the fitness equipment at the Shippensburg University Student Recreation Center (ShipRec). Student/trainers will demonstrate use of equipment and will be available for periodic consultations during each four-week program.
- Each participant will be required to complete a consent form and a health history questionnaire. In addition, each participant may be required to obtain a clearance from his or her physician to participate in the program.

Participants are required to pay a **\$30 consultation** fee to the Exercise Science Department as well as **applicable fees at ShipRec**. ShipRec sessions may be paid by punch card or through membership enrollment. ShipRec usage is based on facility policy. See <http://www.ship.edu/recreation> for policy information.

- **PRIOR PARTICIPANTS MAY ENROLL FOR AN ADDITIONAL SESSION THAT WILL BE CUSTOMIZED TO MEET THE PARTICIPANTS' NEEDS**

March 19 through April 13, 2012

Program qualifies for 25 Healthy U Points

Registration requires pre-payment for the four-week program. Payment of \$30 payable to Shippensburg University must accompany the registration.

Please complete the registration form and send to Human Resources along with payment to Maryrose Wilson in Human Resources, **NO LATER THAN February 17, 2012**. No email registrations will be accepted for this program.

Name (print) _____ Email _____

I enclose \$30 payable to Shippensburg University and
I understand that the ShipRec fee is to be paid directly to the facility