Wellness and Fitness Program
Commit to your Health in 2011
Group Exercise Classes, Programs and Services

Student Fitness Center
305-237-2838, Gibson Center, West Side, Room G139

Employee and Wellness Classroom/Practicum Center
305-237-2838, Gibson Center, East Side, Room G108-G111

“Where Fitness leads to healthier lifestyles.
Participate in our campus improved lifestyle program.”

Achieve health benefits such as: weight reduction, controlled blood pressure, improved glucose levels, cholesterol, BMI and body fat%. Decrease risk factors, orthopedic injuries and back pain, while improving posture, strengthening previous injuries, overall health, cardiovascular levels, muscular endurance, strength and flexibility levels.

Daily Services Available
(An appointment is advised in order to provide you with personalized, individualized and confidential service).

Biometrics, Health and Fitness Assessments:
- Weight Management body composition including body fat % and lean body mass and BMI, waist/girth ratio, anthropometric measurement.
- Health Risk Appraisal: Identifying and explaining risk factors, limitations and program goals established.
- Seated and exercise blood pressure and heart rates.
- Calculation and explanation of exercise training heart rate zones and guidelines of cardiovascular training.
- Fitness Assessments including: flexibility and ROM, lung capacity, Grip Strength, pushups, curl ups.

Exercise Prescriptions:
- Weight loss, cardiovascular fitness and performance routines
- Muscular strength and endurance training programs
- Circuit Training
- Physical Disabilities
- Post strengthening of orthopedic related injuries
- Weight bearing activities
- Balance and CORE improvement (lower and abdominal strengthening)
- Sports Specific and Dynamic Training

Weight Management Support Programs
- Metabolic testing, post dietetic recommendations, diet analysis online support, nutrition consultation, Weight Watchers at Work Program.