

How we live is the essence of life. It is important to realize that although many things are beyond our ability to control, our behaviors can have long-term consequences for our health and happiness. Studies have attributed over half of disease to unhealthy behaviors. Accepting responsibility for our lifestyles and learning how to live well is the challenge of "Making the Good Life a Reality!" Significant decreases in risks to health can result from changes in diet, exercise, injury prevention behavior, sexual habits, tobacco, alcohol and other drug use.

Appropriate physical activity has the ability to enhance your fitness, health and happiness!

The center for Healthy Living is committed to providing facilities, information and assistance to individuals interested in initiating and maintaining a health oriented approach to activity.

FITNESS SERVICES

FITNESS ASSESSMENT:

Assessment of current fitness status including:
resting heart rate, blood pressure, height, weight, body composition profile, aerobic capacity, muscular strength/endurance and flexibility

PERSONAL FITNESS PROGRAM DESIGN:

1. Discussion of the fundamentals of a health oriented approach to physical activity.
2. Evaluation of individual fitness goals and preferences.
3. Equipment orientation and exercise instruction.

A Center for Healthy Living exercise specialist is available by appointment Monday – Friday.

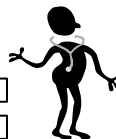
Fitness Services are available at no cost to Center for Healthy Living members.

Individuals who are non-members can pay \$20 for a one-hour appointment or just \$10 to do only body composition estimation.

(Appointments are generally scheduled for an hour, but more or less time can be allotted as available or needed.)

Contact Peter Pellerito
at 559-5253 or
E-mail at ppellerito@unmc.edu

Physician Release Required
for:



Individuals who are over 45 years old or over 35 with risk factors for heart disease or individuals of any age who have a condition that would be affected by exercise.