

# New program offers chance to get fit during free-time

By Lori Robison  
Staff Writer

Want to get in shape, but unsure about the most proper way? Well have no fear — a brand-new wellness program is here!

Designed to encourage healthy lifestyles for all in the university community, the new program will include both fitness and nutrition assessments, as well as individual aerobic planning and a customized weight-training program.

The fitness aspect of the program will include an assessment of cardiovascular health, blood pressure, and a body composition check to determine amounts of body fat.

Afterwards, a nutrition assessment, which includes a two-day diet recall and a computer evaluation, will address nutritional problems and con-

cerns as well as recommendations for a proper diet.

Individual consultations regarding exercise will focus both on strength and flexibility and may include, but will not be limited to, recommendations for aerobics and demonstrations for proper weight-lifting exercises.

And at \$10 per student (if currently enrolled) and \$50 per faculty/staff member, the fees will fall far below average membership costs for comparable programs.

"We're really giving people a great deal," said Kenda Scheele, associate director for structured activities for campus recreation. "Other programs in the city can run anywhere from \$75 to \$100 per person."

Although this program is not open to the general public, family members who have paid campus recreation fees may also join the program.

Ashley Dodge, assistant director of wellness services, emphasized that program staff will try to work with the unusual schedules of members and their families.

"Time was a big issue with the wellness program when I worked for the University of Alabama," she said. "We want to help those people with families that may not be able to come in during day hours."

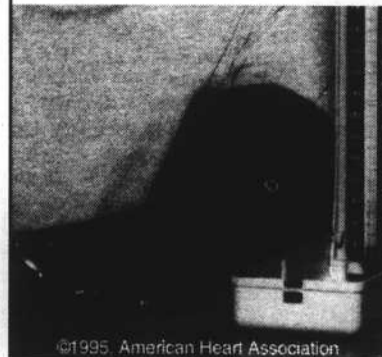
Dodge said there is a possibility of some scheduling for assessments during evening hours and one Sunday a month, once the program is up and running.

Applications for the Wellness Program will be accepted beginning Monday, Aug. 19, at the campus recreation center.

The program itself will begin Sept. 3. For more information, contact campus rec at 472-3467.

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## A Call to Arms: Check Blood Pressure.



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- Fitness Classes
- Instructional Classes
- Wellness Services
- Intramural Sports
- Informal Recreation
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- Family Programming
- Outdoor Adventures
- Group Challenges
- High & Low Ropes Course
- Massage Therapy
- Injury Prevention & Care
- and much, much more!



For more information come to the info meeting on August 28 at 6:00pm in the NE Union or call 472-3467

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## Wellness Services

A New Campus Recreation Program

Personal Wellness programs to address the physical component of wellness. Also includes a health risk appraisal and physical fitness assessment.



### Personal Wellness programs include:

- a customized weight training program
- an individual aerobic plan
- a nutrition assessment.

### Are You Eligible?

All current UNL students are eligible. Staff, faculty, and their families who have paid the current Campus Recreation Programs and Facilities Fee are also eligible. Non-members of the University community are eligible too. Services are not open to the general public.

### Fees:

Member \$10 per person  
Non-member \$50 per person

For more information or to schedule your appointment, call 472-3467

# Resources for Students.

489-0200 General Information

483-3142 Emergency Department

483-3840 Health Enhancement Services

- Nutrition Consultation
- Grocery Store Tours
- Smoking Cessation
- Stress Management
- Prenatal Exercise

483-8886 Community Health Education & Resource Center

- Books, audio recordings & videotapes for FREE two-week check out

483-3055 Bryan Diabetes Center

483-8400 Bryan Mammography Center



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