



**University of Wisconsin – Eau Claire  
Department of Kinesiology  
Community Fitness Program – Spring 2012**

**Program Mission**

Faculty and students in the Department of Kinesiology at the University of Wisconsin – Eau Claire (UWEC), in cooperation with local cardiac rehabilitation programs, offer morning exercise programs for adults who desire some supervision, direction, education, and camaraderie in their health and fitness efforts. Our vision is to help improve health and wellness in the Chippewa Valley by providing an exercise program for those who are physically out of shape or desiring more structure in their workout efforts. We aim to get you feeling better, stronger, and more energetic.

**Dates and Time**

We currently have one section of the Community Fitness Program in the Spring 2012 semester:

- Monday, Wednesday, and Friday from 5:30am to 7:45am

**Participants are not expected to be here for the entire time period.** The spring program will run for thirteen weeks beginning Wednesday, **February 1<sup>st</sup>** and ending on Wednesday, **May 9<sup>th</sup>, 2012.**

**Location**

We use the McPhee-Olson complex on the upper campus of UWEC. We also utilize the McPhee strength and conditioning facilities, the exercise physiology laboratory, dance studio, and the swimming pool. Free parking is available until 8:00 a.m. in the McPhee parking lot (north end of the building), across the street in the CVTC large lot to the west of the Olson complex. Lockers and showers are also available (plan to bring a lock if leaving valuables in a locker).

**Leadership**

The program is run by the faculty in the UWEC Department of Kinesiology. The current program directors are PhD level exercise physiologists, Gary Van Guilder, Don Bredle and Jeff Janot. Hands-on leadership is provided by UW-Eau Claire students who are majoring in exercise related fields. They are knowledgeable in assessing basic health status, prescribing exercise, and leading the activities. There is typically one student for every 3 participants in the program. Thus, they will be splitting up time between each of the participants. This is a critical aspect of their time management skill development.

**Participants**

Participation is open to any adults who want to learn how to make exercise a regular part of their lifestyle. We are specifically targeting two basic groups of people:

- Those who have completed rehabilitation in a hospital or clinical setting, but do not yet feel ready to just exercise on their own- this will be an “in between” program to help you reach new independence!
- Any adults who need a structured exercise program with group support to begin the process of improving their health- this may be the “jump start” you need!

Running in its current form since 1998, the program has helped hundreds of people with a wide variety of physical issues: muscle weakness, inflexibility, lack of endurance, arthritis, diabetes, hypertension, obesity, heart disease, depression, etc. We have had many husband-and-wife combinations, and even some parent-and-child combinations. This is an ideal program for families and friends to do together.

**Because this is a community exercise program and not a medical facility, those who are at high risk for cardiovascular incidents will first be referred to their physician or a hospital based program to obtain medical clearance before participation can begin. Sometimes this takes a couple weeks to obtain.**

### **Activities**

We begin our program with questionnaires to determine your cardiovascular risk level, exercise and health history, and goals that you would like to work towards. You will be paired with a primary student who will then discuss with you the types of assessment which might be appropriate. We can assess your strength, flexibility, cardiovascular endurance, body composition by many methods, heart rate and blood pressure, and screen for high blood sugar and cholesterol.

Then your student will design an individualized exercise prescription, help you implement it, and review it periodically for progress. The program should be sensible, safe, and enjoyable...the kind you can do regularly and one that makes you feel better. This program should give you more energy, allow you to accomplish your activities of daily living, and leave you with a brighter outlook on life. We typically emphasize walking, since this is so useful, and we also work on flexibility and strength. For those who want or need to try other modes of exercise, there are stationary bikes, treadmills, cross-trainers, and the swimming pool that is available at limited times.

Monitoring of blood pressure and heart rate will be done as needed. Students will supervise and exercise with the participants while offering advice and answering questions.

Each semester concludes with an end-of-year pot luck. Participants will also receive individualized case study semester reports on their health outcomes from their respective students. Your program fees also include a T-shirt.

### **Registration, Cost, and Contact Information**

Please contact one of the following professors:

- Dr. Gary Van Guilder: phone (836-3774), e-mail ([vanguig@uwec.edu](mailto:vanguig@uwec.edu))
- Dr. Don Bredle: phone (836-3953), e-mail ([bredledl@uwec.edu](mailto:bredledl@uwec.edu))

Note: The fee for the fall program is currently \$85 per person. Checks should be payable to the:

**UWEC Community Fitness Program**

**I would ask that you pay your fee within the first two weeks of the program. If you are not satisfied with the program, we will refund 100% of the cost. Checks can be handed to any of the students, teacher assistants, Drs. Bredle or Van Guilder.**

**In addition, if you would like to pay with cash we would greatly appreciate exact change. Thank you.**