



University of Wisconsin – Eau Claire Department of Kinesiology Community Fitness Program Information Sheet

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.

Days and Time

The Community Fitness Program is held each academic semester and typically begins during the 3rd week of each semester and finishes during the last week of the semester, which is a total of 12-13 weeks. Starting and ending dates vary and are announced a few weeks prior to the start of the program. The program is offered every Monday, Wednesday, and Friday from 5:30am to 7:30am during this time. Participants are not expected to be here for the entire time period. **Membership in the program does not provide open access to McPhee and its facilities outside the dates and times that the program is offered. Please be aware that once the program is concluded each semester the use of the facilities is no longer allowed.**

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) and 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 Department of Kinesiology at UWEC. The current program director and the department chair are PhD level exercise physiologists, Saori Braun (Director) and Jeff Janot (Chair, Kinesiology Department). Hands-on leadership is provided by UW-Eau Claire students who are majoring in Kinesiology/Human Performance. They are knowledgeable in assessing basic health status, prescribing exercise, and leading the activities. There is typically one student for every 2-3 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 and exercise leadership 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 exercise on their own. This program will serve as transitional 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 program 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. This may take a couple of 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 (as needed or appropriate).

Your student will then 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 more easily, 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 a pot luck celebration. The spring semester pot luck includes food and beverages provided along with food brought by program participants. Participants will also receive individualized case study 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. Saori Braun: phone (836-3774), e-mail (braunsi@uwec.edu)
- Dr. Jeff Janot: phone (836-5333), email (janotjm@uwec.edu)

Note: The fee for the program is currently \$90/semester per person. Checks should be payable to the: **UWEC Community Fitness Program.**

We 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 teaching assistants, program assistant or the program director. In addition, if you would like to pay with cash we would greatly appreciate exact change. Thank you.