

NEW YEAR'S RESOLUTION TIME: A TIME FOR CHANGE



NMSU STUDENT WELLNESS CENTER



MISSION:

The NMSU Student Wellness Center is dedicated to helping members of the NMSU community reach their fitness & wellness goals and maintain a pure, balanced, and overall healthy lifestyle. By providing a vast array of services towards health promotion that cater to any and all experience levels, we take pride in knowing that we are making a positive influence on our patrons' lives and well-being. The friendly staff at the NMSU Student Wellness Center is committed to providing the highest quality of care possible, all within a motivational, inspirational and non-judgmental atmosphere.

A TIME TO “BEGIN” YOUR QUEST FOR A BETTER YOU!

8-WEEK CIRCUIT TRAINING PROGRAM

- Great for beginning fitness levels – those who are initiating an exercise program
- Provides the best of both worlds – aerobic + strength training
- Easy to Operate, Effective, Time Efficient



A TIME TO LEARN, A TIME TO ASSESS!

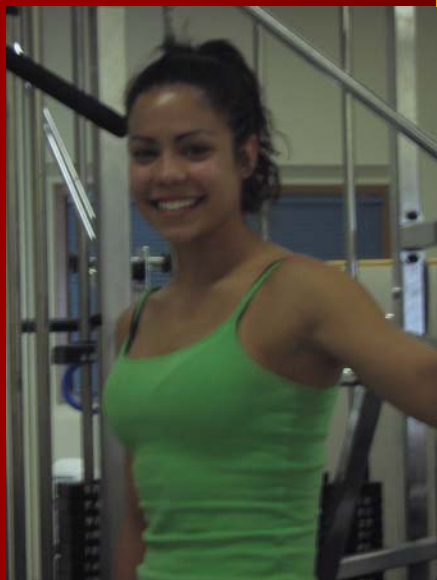
- FULL FITNESS ASSESSMENT
- COMPREHENSIVE WELLNESS ASSESSMENT
- NUTRITIONAL ANALYSIS
- BODY COMPOSITION ANALYSIS
- EQUIPMENT ORIENTATIONS



A TIME FOR INDIVIDUAL ATTENTION!

PERSONAL TRAINING PACKAGES FOR ANY FITNESS GOAL!

- Educated, certified, and knowledgeable trainers at your service
- All packages include full fitness assessment prior to initiating first session
- Individual attention to specific needs and goals
- Flexible appointment schedules to accommodate any busy lifestyle



A TIME FOR CAMARADERIE, A TIME FOR BELONGING!



Group Fitness Classes – A Class for Everybody!



* Step Aerobics

* Body Sculpting/Blast

* “Ab-Solute”

* Pilates

* 20/20/20 Fitness

* Indoor Cycling

MUCH MORE!

* Yoga

* Meditation

* Stretch-n-Strength



A TIME TO EDUCATE, A TIME FOR PREVENTION!

- **“HEALTHY HEART WEDNESDAY”**

- FEB. 21

- HELD IN CONJUNCTION WITH STUDENT HEALTH CENTER

- FREE CHOLESTEROL & GLUCOSE SCREENING, BP CHECK, & BODY COMPOSITION ANALYSIS

- **“FAT TUESDAY”**

- DISCOUNT BODY COMPOSITION ANALYSIS

- USUALLY HELD IN NOV





A TIME FOR NEW LIFE! PRE-NATAL FITNESS



- * **INSTRUCTED BY: CANDACE HARDIE, CERTIFIED PERSONAL TRAINER AND GROUP FITNESS INSTRUCTOR**
- * **CLASS FEE: PURCHASE GROUP FITNESS PASS AT NMSU WELLNESS CENTER OR RM 230 OF NMSU ACTIVITY CENTER**
- * **OPEN TO STUDENTS, FACULTY/STAFF & COMMUNITY MEMBERS**
- * **CLASS BEGINS FEB 12 & WILL MEET EVERY MON, WED, FRI AT 9:30am (RM 124, NMSU ACTIVITY CENTER) - MUST HAVE PASS TO ACCESS**
- * **ALL PARTICIPANTS WILL RECEIVE A SAFE, HEALTHY, AND EFFECTIVE WORKOUT INVOLVING A VARIETY OF STRENGTH, CARDIO, AND MUSCLE RELAXATION COMPONENTS, AMONG OTHERS.**
- * **OFFERS A FUN AND EDUCATIONAL ATMOSPHERE FOR ALL EXPECTING MOTHERS!**

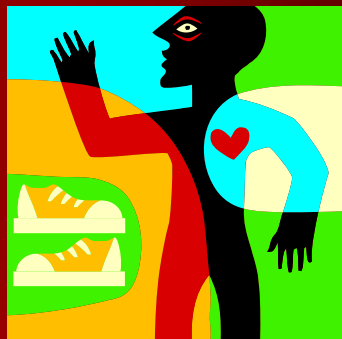


A TIME FOR VARIETY!

“WELLNESS WORKS” LIFESTYLE ENHANCEMENT PROGRAM

This comprehensive package will touch base on numerous wellness aspects to help you lead a healthy and balanced life! Every package includes the following services for one low price:

- * Customized Health Risk Analysis
- * Five Group Fitness Classes
- Two Personal Training Sessions
- * Full Fitness Assessment
- * Nutritional Analysis
- * Five Meditation Classes
- * Body Composition Analysis
- * One Hour Massage Gift Cert.



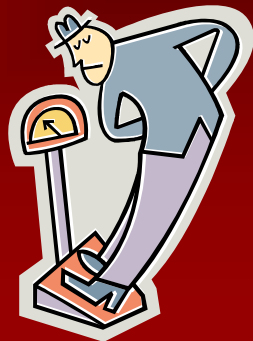
A TIME FOR CHANGE!

NEW YEAR'S RESOLUTION FITNESS PROGRAM

A 10-WEEK CUSTOMIZED PROGRAM TO HELP YOU MEET YOUR SPECIFIC FITNESS GOALS

- UPON COMPLETION OF THE PROGRAM, PARTICIPANTS WILL RECEIVE AN INCENTIVE PRIZE BASED ON THE GOALS THEY SET & ACHIEVE WITHIN THE PROGRAM
- “BEFORE AND AFTER” FITNESS ASSESSMENTS WILL BE CONDUCTED TO DETERMINE IMPROVEMENTS THAT HAVE BEEN MADE OVER THE COURSE OF THE PROGRAM
- * EACH PARTICIPANT WILL RECEIVE ONE-ON-ONE ATTENTION FROM THEIR OWN PERSONAL TRAINER TO HELP THEM DESIGN A FITNESS PROGRAM THAT FITS THEIR OWN SPECIFIC NEEDS.
- * FEE IS BASED ON HOW MANY SESSIONS YOU WISH TO CONDUCT WITH YOUR TRAINER OVER THE 8-WEEK EXERCISE PERIOD. IT IS RECOMMENDED THAT AT LEAST 4 SESSIONS ARE PURCHASED TO RECEIVE THE MOST BENEFIT FROM THE PROGRAM.

“BEFORE”



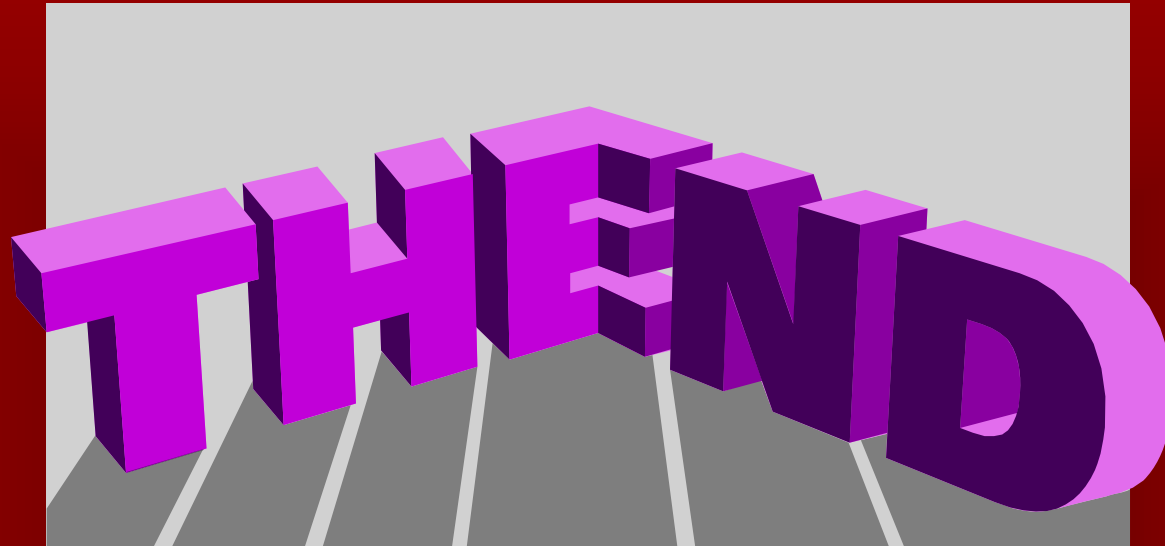
“AFTER”

A TIME TO GO GLOBAL!

www.nmsu.edu/~recsport

(scroll down the left column for the wellness center link)

The screenshot shows a Microsoft Internet Explorer browser window displaying the NMSU Student Wellness Center website. The browser's address bar shows the URL: http://www.nmsu.edu/~recsport/student_wellness_center/location.htm. The website header features the NMSU logo and the text "New Mexico State University". Below the header, a breadcrumb trail reads: "You are here: » NMSU » PERD » Intramurals and Recreation Programs". The main heading is "NMSU Student Wellness Center". A large photograph of a gymnasium with various exercise machines is displayed. Below the photo, the "LOCATION:" section states: "We are located on the second floor of the Activity Center across from Room 230, which is the Main Intramurals Office." On the left side of the page, a vertical navigation menu lists several links: "COE Home", "PERD", "Intramurals and Recreation Programs", "Student Wellness center", "Location", "Hours Of Operation", "Services & Prices", "Aerobics Class Schedule & Prices", "Meet The Student Wellness Center Director", and "Contact Information". At the bottom of the browser window, the Windows taskbar is visible, showing the Start button and several open applications: Microsoft PowerPoint, YouTube, Student Wellness Center, My Documents, and NewYearsResolutionF... The system clock in the bottom right corner shows the time as 11:26 AM.



**HOW CAN THE NMSU STUDENT
WELLNESS CENTER HELP YOU?**

646-5178