

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
 - * Yoga
 - * Meditation
 - * Stretch-n-Strength
- MUCH MORE!



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.

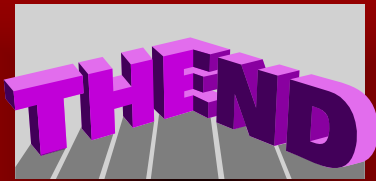


A TIME TO GO GLOBAL!

www.nmsu.edu/~recsport

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





HOW CAN THE NMSU STUDENT WELLNESS CENTER HELP YOU?

646-5178
