

## **START YOUR 2007 NEW YEAR - RIGHT – GET FIT, GET WELL!**

Representatives from the NMSU Student Wellness Center will be offering a Brown-Bag Lunch presentation on Jan 25 at noon to promote new and ongoing fitness & wellness programs. All services and programs to be covered are offered to both students and faculty/staff:

### **1. NEW YEAR'S RESOLUTION FITNESS INCENTIVE PROGRAM**

Is your New Year's resolution to start an exercise program or simply become more active? Let the Student Wellness Center help you! This is a 10-week fitness program designed to meet your fitness needs and goals. The program includes:

- "Before & after" full fitness assessments
- Multiple sessions with a personal trainer
- An incentive prize upon completion of the program based on the goals you reach

### **2. PRE-NATAL FITNESS CLASS**

- A fun and safe class for all expecting mothers.
- Instructed by Candace Hardie: Certified personal trainer, certified group fitness instructor, AND expecting mother.
- Class begins on Feb 12. Will meet every Mon, Wed, Fri at 9:30am in room 124 of the activity center. Must purchase aerobics pass to access.

### **3. FREE GROUP FITNESS/AEROBICS CLASSES**

- The spring schedule of classes will begin Mon, Jan 22
- Classes will be free to try out during Jan 22-27. Thereafter, a pass must be purchased to access.
- Over 50 classes held each week – morning, afternoon, and evening.

### **4. "WELLNESS WORKS" LIFESTYLE ENHANCEMENT PACKAGE**

This package incorporates a wide variety of services to enhance all aspects of one's wellness characteristics. Package includes:

- customized health risk analysis,
- access to meditation classes,
- nutritional analysis,
- access to aerobics classes of your choice,
- body composition assessment,
- full fitness assessment,
- multiple sessions with a personal trainer,
- and a one-hour massage gift certificate

### **5. ON-GOING SERVICES PROVIDED BY THE STUDENT WELLNESS CENTER**

- 8-week circuit training incentive program
- Nutritional analysis
- Individual personal training packages
- Comprehensive wellness assessment
- FREE equipment orientations

### **6. "HEALTHY HEART WEDNESDAY" COMING SOON IN FEBRUARY:**

- Free body fat, cholesterol, and blood pressure screening