Take advantage of this opportunity to improve your “Health and Wellness” and earn flex hours at the same time.

Purpose:
We all know the value of good health. The Flex Committee made a decision recently to be more proactive in supporting and promoting good health.

Professional Development Wellness/Workout Program
- 4 hours of flex available 2013 – 14 (per fiscal year) for 12 one-hour Fitness Center Workouts. The four hours may be accrued at any time during the academic year.
  - 3-one hour workouts = one hour of flex credit (3/1)
- Blood Pressure testing and liability waiver required
- Assistance in equipment use and exercise program suggestions will be offered by the Physical Education faculty when time allows.

Step 1: Drop in the Fitness Center during the open hours to begin the program.

        Fitness Center Hours:
        Mon – Thurs: 8am – 6pm
        Fridays: 8am – 4pm

Step 2: Complete the following in the Fitness Center:
- Blood Pressure check
- Complete Liability Waiver
- Complete time card
  (Send to Professional Development when hours completed)
- Receive some guidance for an exercise program and use of equipment
  (If time allows / Students First!)

Step 3: Enjoy your improved Health & Wellness!
Special thanks to the Physical Education Department for their support of this program.

See you in the Fitness Center – GYM 117