The Department of Health and Exercise Science helps you discover healthy lifestyles!

Tiffany Lipsey, M. Ed. ACSM Clinical Exercise Physiologist, ACSM EIM 3, COHC Director, Heart Disease Prevention Program Human Performance Clinical/Research Laboratory Department of Health and Exercise Science
Your Prescription for Health

Exercise is Medicine

www.ExerciseIsMedicine.org
Programs Offered

- Adult Fitness Program
- Noon Hour Fitness Program
- Youth Sport Camps and After School Program
- Heart Disease Prevention Program

All offered by the Department of Health and Exercise Science!
Adult Fitness Program

- Fun, non-intimidating environment
- Goal: to help people maintain or improve their health
Adult Fitness Program

Included Features

- Group fitness classes
  - Circuit training, fitball class, yoga, & water aerobics
  - Hi-low aerobics, stretch and balance, and strength

- Towel, clothing, and locker service

- Student trainers

- Blood pressure monitoring
Facilities @ the GM

- Indoor track
- Weight/cardio room
- Indoor swimming pool
- 2 basketball courts
- Men’s & Women’s locker rooms
Hours of Operation

- MWF
  - 6-8 am
- M-F
  - 11:45 am – 1:15 pm
- MWR
  - 5-7 pm
- Saturday
  - 8-10 am
# Adult Fitness Program

**Group Fitness Schedule**

March 2018

**Warm-ups are offered at: MWF 6:15am, MTWRF 12:05pm, & MWR 5:20 pm**

<table>
<thead>
<tr>
<th>Monday (M)</th>
<th>Tuesday (T)</th>
<th>Wednesday (W)</th>
<th>Thursday (R)</th>
<th>Friday (F)</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| 26 Hi-Lo
  6:35-7:00am
  12:25-12:50pm
  5:40-6:05pm
  Yoga
  6:05-6:50 p.m. | 27 Hi-Lo
  12:25-12:50pm | 28 L.O.W.
  6:35-7:00am
  12:25-12:50pm
  5:40-6:05pm
  Zumba 6:05-6:50pm | 1 L.O.W.
  12:25-12:50pm
  Water Aerobics 5:30-6:30pm | 2 Yoga
  6:30-7:15am | 3 Warm-up
  8:15am |
| 5 Stretch & Balance
  6:35-7:00am
  12:25-12:50pm
  5:40-6:05pm
  Yoga
  6:05-6:50 p.m. | 6 Stretch & Balance
  12:25-12:50pm | 7 Fitball
  6:35-7:00am
  12:25-12:50pm
  5:40-6:05pm
  Zumba 6:05-6:50pm | 8 Fitball
  12:25-12:50pm
  Water Aerobics 5:30-6:30pm | 9 Yoga
  6:30-7:15am | 10 Warm-up
  8:15am |
| 12 HIT the circuit
  6:35-7:00am
  12:25-12:50pm
  5:40-6:05pm
  Yoga
  6:05-6:50 p.m. | 13 HIT the circuit
  12:25-12:50pm | 14 Arms Race
  6:35-7:00am
  12:25-12:50pm
  5:40-6:05pm
  Zumba 6:05-6:50pm | 15 Arms Race
  12:25-12:50pm
  Water Aerobics 5:30-6:30pm | 16 Yoga
  6:30-7:15am | 17 Warm-up
  8:15am |
| 19 Hi-Lo
  6:35-7:00am
  12:25-12:50pm
  5:40-6:05pm
  Yoga
  6:05-6:50 p.m. | 20 Hi-Lo
  12:25-12:50pm | 21 L.O.W.
  6:35-7:00am
  12:25-12:50pm
  5:40-6:05pm
  Zumba 6:05-6:50pm | 22 L.O.W.
  12:25-12:50pm
  Water Aerobics 5:30-6:30pm | 23 Yoga
  6:30-7:15am | 24 Warm-up
  8:15am |
| 26 Stretch & Balance
  6:35-7:00am
  12:25-12:50pm
  5:40-6:05pm
  Yoga
  6:05-6:50 p.m. | 27 Stretch & Balance
  12:25-12:50pm | 28 Fitball
  6:35-7:00am
  12:25-12:50pm
  5:40-6:05pm
  Zumba 6:05-6:50pm | 29 Fitball
  12:25-12:50pm
  Water Aerobics 5:30-6:30pm | 30 Yoga
  6:30-7:15am | 31 Warm-up
  8:15am |
## Adult Fitness Program Cost

<table>
<thead>
<tr>
<th>Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Individual</strong></td>
<td></td>
</tr>
<tr>
<td>Under 60 years old</td>
<td>$45/month</td>
</tr>
<tr>
<td>60 and older</td>
<td>$40/month</td>
</tr>
<tr>
<td><strong>Couples</strong></td>
<td></td>
</tr>
<tr>
<td>Under 60 years old</td>
<td>$65/month</td>
</tr>
<tr>
<td>60 and older</td>
<td>$60/month</td>
</tr>
<tr>
<td><strong>Family</strong></td>
<td>$74/month</td>
</tr>
<tr>
<td><strong>CSU Faculty and Staff</strong></td>
<td>$40*/month</td>
</tr>
</tbody>
</table>

*C2C covers $20/month, so you pay $20/month.*
Questions?

- Kimberly Burke
  - Kimberly.burke@colostate.edu
  - 970-491-0928
  - 220 Moby B.
  - Fort Collins CO 80523-1582
Faculty Staff
Noon Hour Fitness Program

• Are you looking for a healthy break from your busy day on campus?

• Do you want to discover the benefits of a healthy lifestyle while exercising at a facility with convenient hours?

• Come Join Us for the Noon Hour Fitness Program
Faculty Staff
Noon Hour Fitness Program

• The program offers a variety of activity options with a common goal of improving members' cardiovascular fitness, muscular endurance, muscular strength, and flexibility.

• Members can participate independently, with colleagues, or in a class setting.
Faculty and Staff
Noon Hour Fitness Program

- Location – Moby B and C complexes

- Available Programs:
  - RAMFit Classes (Crossfit-type classes)
  - Individual Orientation and Goal Assessment
  - Personal Training
  - Exercise Incentive Programs to Aid in Motivation
  - Fitness Assessments
  - Dietary Analysis
Faculty and Staff Noon Hour Fitness Program

The comprehensive facility includes:

• Basketball Courts
• Racquetball/Handball Courts
• Indoor Swimming Pool
• Extensive Weight Room
• Cardiovascular Training Room (Treadmills, Ellipticals, Rowing, Stationary Bicycles)
• Locker Rooms (a locker, workout clothes, towels and a laundry service are included)
Faculty and Staff Noon Hour Fitness Program

- M – F  11:30 am – 1:30 pm
- $75.00/ semester – Normal Rate
- $37.50 /semester – with Commitment to Campus Reimbursement

- Contact: 491 – 0581 or come to Moby 220 to sign up.
- hesinfo@colostate.edu
Mission

Through innovative programming and the use of active learning practices focusing on obesity prevention, lifelong fitness, and skill development, the Youth Sport Camps support the educational and public service mission of the Department of Health and Exercise Science and Colorado State University by providing hands-on experience for CSU students and staff while promoting the benefits of physical activity and healthy lifestyles for youth in the community.

- **Brian D. Butki, Ph.D.**
- **Director, Youth Sport Camps**
YSC Overview

- 16 camps / 12 weeks / 66 total sessions
- Ages 5-14
- Day-camp program of sports activities
- All summer long (PSD schools summer vacation)

### Summer Schedule 2018

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
<th>Activity 4</th>
<th>Activity 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/29-6/1*</td>
<td>Super Sport 1</td>
<td>Baseball/Softball 1</td>
<td>Field Sports 1</td>
<td>Music/Movement 1</td>
<td>Outdoor Adventure Camp 1</td>
</tr>
<tr>
<td>6/4-6/8</td>
<td>Inline 1</td>
<td>Baseball/Softball 2</td>
<td>Field Sports 2</td>
<td>FunLIFE 1</td>
<td>Outdoor Adventure Camp 2</td>
</tr>
<tr>
<td>6/11-6/15</td>
<td>Super Sport 1</td>
<td>Inline 2</td>
<td>Baseball/Softball 3</td>
<td>Smart Fit Girls Beginner 1</td>
<td>Outdoor Adventure Camp 2</td>
</tr>
<tr>
<td>6/18-6/22</td>
<td>Super Sport 2</td>
<td>Inline 3</td>
<td>Lacrosse 1</td>
<td>Music/Movement 2</td>
<td>Outdoor Adventure Camp 2</td>
</tr>
<tr>
<td>6/25-6/29</td>
<td>Super Sport 2</td>
<td>Inline 4</td>
<td>Field Sports 4</td>
<td>Music/Movement 2</td>
<td>Outdoor Adventure Camp 2</td>
</tr>
<tr>
<td>7/2-7/6*</td>
<td>Super Sport 2</td>
<td>Basketball 1</td>
<td>Field Sports 4</td>
<td>Smart Fit Girls Beginner 2</td>
<td>Outdoor Adventure Camp 2</td>
</tr>
<tr>
<td>7/9-7/13</td>
<td>Super Sport 3</td>
<td>Baseball/Softball 5</td>
<td>Field Sports 4</td>
<td>Music/Movement 3</td>
<td>Extreme Outdoor Adventure 1</td>
</tr>
<tr>
<td>7/16-7/20</td>
<td>Super Sport 3</td>
<td>Basketball 2</td>
<td>Lacrosse 2</td>
<td>FunLIFE 3</td>
<td>Outdoor Adventure Camp 3</td>
</tr>
<tr>
<td>7/23-7/27</td>
<td>Super Sport 4</td>
<td>Basketball 3</td>
<td>Soccer 1</td>
<td>Music Movement 4</td>
<td>Outdoor Adventure Camp 4</td>
</tr>
<tr>
<td>7/30-8/3</td>
<td>Super Sport 4</td>
<td>Basketball 4</td>
<td>Lacrosse 3</td>
<td>FunLIFE 4</td>
<td>Outdoor Adventure Camp 4</td>
</tr>
<tr>
<td>8/6-8/10</td>
<td>Super Sport 5</td>
<td>Basketball 5</td>
<td>Field Sports 5</td>
<td>Music/Movement 5</td>
<td>Extreme Outdoor Adventure 2</td>
</tr>
<tr>
<td>8/13-8/17</td>
<td>Super Sport 5</td>
<td>Basketball 6</td>
<td>Volleyball 1</td>
<td>FunLIFE 5</td>
<td>Outdoor Adventure Camp 5</td>
</tr>
</tbody>
</table>

*May 29 and July 4 weeks prorated due to holiday
One week camps

- Baseball/Softball
- Basketball
- Extreme Outdoor Adventure
- Field Sports
- Golf (1/2 day)
- In-line Hockey
- Lacrosse
- Music & Movement
- Outdoor Adventure
- Smart Fit Girls
- Soccer
- Sport Science
- Tennis (1/2 day)
- Volleyball

Two week camps

- Super Sport
  - Baseball/Softball
  - Basketball/Volleyball
  - Field Sports
  - Soccer
  - Tumbling/Gymnastics

- Plus:
  - Enrichment activities
  - Swim lessons
  - Field trips
After School Program

Cost:
- $12.50/day for first child
- $10.00/day for additional child from the same family
- Maximum of $45/week

Times:
- After school until 6:00 PM

Transportation provided for:
- Bauder
- Bennett
- Dunn
- Harris
- O’Dea
- Tavelli

Activities
- Sports
- Homework time
- Snacks
- Hiking
- Swimming
- Yoga
- Nutrition & fitness lessons
Heart Disease Prevention Program

- **Goals of the HDPP:**
  - Assessment of known risk factors for cardiovascular disease
  - Use of cardiovascular risk factor status in the development of individualized strategies for lifestyle changes
  - Reduction of the likelihood of developing heart and vascular disease

- Located at the Human Performance Clinical/Research Laboratory in the Moby building

- Includes 3 visits
Risk Parameters

- Medical and Family History
- Complete Blood and Urine Analysis
  - Lipid panel, CBC, liver panel, kidney panel, glucose, insulin, CRP-hs, and iron
  - PSA available at an additional cost
- Nutrition analysis of 3 day diet diary
- Psychosocial assessment
- Daily physical activity assessment
Testing Parameters Visit 1

- Height
- Weight
- Blood pressures
- Skinfold measurements
- Girth measurements
- Saggital diameters
- Pulmonary function testing
- Hand grip strength
- Flexibility
- Hydrostatic (underwater) weighing
Testing Parameters
Visit 2 – Maximal Exercise Test

- Physician examination
- Resting and exercise blood pressures
- Electrocardiography
- Maximal exercise test
Coronary Risk Profile

- Comprehensive individualized summary of risk factors and guidance to reduce risk
  - Lifestyle modification
  - Exercise prescription
  - Nutrition information
  - Information on risk factors and risk factor reduction
HDPP Eligibility

- Available to the general public that are asymptomatic for CVD
  - Fee for service ($480)
  - No referral needed
- For CSU employees:
  - On Anthem plan
    - Pay only co-pay
      - Ranges from $0-$80
  - Not on Anthem plan
    - 20% discount
      - $384
- To sign up: contact Tiffany Lipsey (info next slide)
Ask not what your body can do for you, but what you can do for your body.

Tiffany Lipsey

Tiffany.lipsey@colostate.edu

970-491-7035 or 970-491-3847