HAVE
YOU BEEN THINKING ABOUT STARTING AN EXERCISE PROGRAM?
THEN WHY NOT JOIN THE FACULTY/STAFF FITNESS PROGRAM!

Regular members in the program receive the following benefits:

* A graded exercise test (including a 12 lead ECG) upon your entry into the program and once a year thereafter
* A personalized exercise prescription appropriate for your current level of fitness
* A body composition evaluation based on skinfold measurements
* Supervised, group exercise sessions in a variety of conditioning activities
* Qualified instruction from faculty members and graduate students in the School of Health, Physical Education and Recreation
* A quarterly newsletter

In addition to regular memberships, the Faculty/Staff Fitness Program offers associate memberships for those who choose to exercise on their own. Associate membership includes the graded exercise test, body composition evaluation, personalized exercise prescription and quarterly newsletter.
Are you still wondering about:

Who is eligible?

All OSU faculty and staff members and their spouses.

How can I join?

Application for entry into the program can be initiated at any time. A physician's clearance and medical history must be returned before scheduling the graded exercise test. Educational classes are held at various times during each quarter to present health and fitness information.

How often do the exercise sessions meet?

3 days per week

What exercise sessions are offered?

**Swimming**
- MWF 8:00 a.m. Class pool
- MWF 12:00 p.m. Class pool

**Conditioning (Universal gym)**
- MWF 8:00 a.m. 117 Larkins

**Walk/Jog**
- MWR 7:00 a.m. Yellow gym

**Aerobic Dance**
- MWF 12:00 p.m. 220 Larkins

How much does the program cost?

The initial evaluation is $50.00 and includes participation during the quarter in which testing occurred. Each subsequent quarter of participation is $35.00. A second option is $100.00 for a one year membership. Associate memberships are $60.00 per year.

I'm interested! What's the next step?
Return the coupon below or call 292-5180 for more information.

Return to:
Faculty/Staff Fitness Program
151 Larkins Hall
337 West 17th Avenue
CAMPUS

I am interested in joining the Faculty/Staff Fitness Program. Please send me the forms I need to complete.

Name ________________________________ Department ____________________________

Campus Address ______________________ Campus Phone ______________________

Home Address ________________________ Home Phone _________________________