

How can working out benefit you?

Working out a few hours per week will change how you look, how you feel about yourself, and what you can accomplish. Regardless of your current fitness level, take the first step; set realistic goals, then just do it! You'll have more energy; self-confidence, joy, and most importantly better health. Being fit allows you to be more comfortable in your own skin, giving you greater freedom to enjoy the wonderful world around you. It will help you develop all your abilities, mental and physical, to the fullest. Optimal health yields maximum success in all areas of your life. So JUST DO IT!!!

Are you just getting started with your fitness goals?

The thought of entering an exercise facility and starting an exercise program without any assistance can be intimidating. Teaching yourself to use the equipment can be confusing. Your trainer will teach you how to exercise correctly, efficiently, and safely. A trainer will provide you with enough guidance; motivation and education to ensure you establish healthy and effective exercise patterns right from the beginning.

Not getting results?

It's common to feel like the amount of effort you're putting in is not matching the reward. Your personal trainer will change your program and show you how to get results more effectively and in less time. Your trainer will provide you with a brand new exercise regime that will take you to a higher level of fitness and health. Your personal trainer will make the difference between a great workout and a "ho-hum one" - or even no workout at all!

Having difficulty sticking to your program?

You're not alone. Eighty percent of people discontinue their exercise program after 2-3 months. But this time, things are going to be different. Your Personal Trainer will help you adhere to your program consistently. When you schedule an appointment with a trainer, you make a commitment to yourself - a commitment that your trainer won't let you break

What Services are Offered by the Fitness Trainer?

- How to use the equipment most effectively and safely.
- How to establish your target heart rate.
- Calculate your BMI.
- Calculate body fat percent.
- Nutrition counseling.
- Design a maintainable fitness program based on your abilities, goals, and busy schedules. This will include cardio, strength, flexibility, and balance.
- ½ hour check-ins every 2 weeks. Periodic revisions of your program will keep your interest by adding and intensifying your workout.
- Have fun with your workouts!!! The “all work and drudgery” approach will fail. Adding fun and variety will ensure success.

What is the Workout Philosophy of the Fitness Trainer?

- To incorporate a holistic approach to health and fitness that encompasses cardiovascular fitness, muscular strength and endurance, flexibility, nutrition, stress and lifestyle considerations.
- To provide students and faculty with the knowledge, skills, guidance, support, motivation and educational resources that will allow them to explore their own fitness potential, as well as, enhance the quality of their lives now and ongoing.
- To offer safe programs, appropriate progressions and movement modifications, as well as, provide students with the knowledge, skills and exercise repertoire so that they can modify their exercise programs by themselves when needed.
- To develop fun, effective and efficient exercise programs that offer variety and meet the specific needs of our students.
- To encourage students participate in our recreation events and outdoor adventures.
- To act as an aid in the rehabilitation of pain and injury

How do I sign up for an appointment with DeeAnn?

Dee Ann comes to the campus twice a month during fall and spring terms. She alternates between morning hours and afternoon hours each visit. The sign-up sheet is located in the Fitness Center, VLIB 13. There is not charge for the service.