

UNC Carolina Fitness
Program Request Form

To request a Carolina Fitness program, please fill out this form and fax (962-3621) or return to kallman1@email.unc.edu.

Name: _____ Today's Date: _____

Group or Organization: _____

Telephone: _____ E-mail address: _____

Please choose from the available programs –

Available at Student Recreation Center or Rams Head Recreation Center (you come to us)

_____ FITNESS ON THE BALL

Try one of today's most versatile pieces of exercise equipment...the stability ball. The stability ball can be adapted for many uses, including developing core strength, improving posture and facilitating stretching. Learn exercises that focus on the muscles of the core – the abdomen, chest and back! Dress in workout attire.

_____ STRETCHING 101

Stretching helps keep your muscles flexible, helps prevent injuries and makes you feel good. Learn how to stretch specific muscle groups and proper stretching techniques. Dress in workout attire.

_____ MUSCLE TENSION RELEASE WORKOUT

Self-myofascial release works to break up the adhesions between your muscle and fascia layers. Come learn how to use a foam roller to work out your kinks and walk with greater ease.

_____ HEALTHY BACK

Back injuries are caused by stresses placed on the spine. Balanced posture while sitting, standing and sleeping and exercise can help to prevent injuries and help keep your back healthy.

In your office (we come to you) –

_____ OFFICE ENERGIZERS

In this session, participants will learn specific exercises that can be done in their offices for complete body toning.

_____ JUMP START YOUR FITNESS PROGRAM

Looking for a way to get started on your fitness program or add new exercises to an existing one? Join us to hear strategies for lifelong fitness with topics including aerobic fitness, strength training, flexibility and demonstrations of some simple exercises.

_____ WALK YOUR WAY TO WELLNESS

This presentation will cover basic walking techniques, conditioning exercises, proper footwear and pedometer basics. We will also go over walking group opportunities and end with a 15 minute group walk around campus. Comfortable shoes are recommended.

_____ STRESS MANAGEMENT

Preferred dates and times (please list a few possibilities):

1. _____
2. _____
3. _____

Location: _____ Size of Group: _____

We will be contacting you with specific information on dates, times and room arrangement requests. Thank you for your interest in the programs offered through Campus Recreation.

Office Use Only

Request Received:

Contact Date:

Assigned to:

Program Date & Time: