

**UNC Campus Recreation
Employee Program Request Form**

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

Name: _____ Date: _____
Group or Organization: _____
Telephone: _____ E-mail address: _____

UNC Campus Recreation offers the following programs **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**

Learn how to successfully manage stress by changing the way you respond to stress, making time for relaxation and learning healthier coping strategies.

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:

