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:

CAMPUS RECREATION
STAY ACTIVE