

COMMIT TO BE FIT

Spring 2017



HOW: Please go to website below to download, print, and complete the forms required before your first session:

<http://www.csun.edu/development/training/events/commit-be-fit-spring-2017>

1. PAR-Q Form
2. Liability Waiver Form
3. Participant Data Form
4. Photo Release Form
5. Physician Clearance Form*

*Physician clearance is required for the following:

- ♦ Any "YES" response on the PAR-Q form
- ♦ A blood pressure reading of 140/90+



For questions, please contact:

Dr. Kim Henige at
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or
Shabnam Islam, M.S. at
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WHO: Commit To Be Fit (CTBF) is a **free** fitness program for CSUN staff/faculty/students and community members. The program is led by CSUN Kinesiology students, under the supervision of CSUN Kinesiology faculty.

WHAT: The workouts consist of cutting edge and scientifically sound functional cardiovascular and resistance training aimed to get you in shape and help you **FEEL YOUR BEST!** CTBF is designed for **all fitness levels**



and will expand your limits of strength, endurance, flexibility, balance, and cardiovascular health. Learn how to do activities in new ways—move more quickly, think faster, do what you never thought possible! Improved fitness improves your quality of life and makes your world bigger.

WHERE: CSUN campus, Redwood Hall, Room 200

WHEN: Mondays through Thursdays, 5:30-6:20PM in RE 200

- ♦ *Orientation:* Thu 2/2, 5:30-6:00PM, RE 200 (strongly encouraged)
- ♦ *Health Screening & Pre-Assessment:* Mon 2/6 & Tue 2/7 5:30-6:20PM, RE 200 (required, attend one day)
- ♦ *Exercise Program Begins:* Wed 2/8 and concludes Thu 5/11
- ♦ Missed these dates? Don't worry, although it is ideal to begin at the beginning of the semester, you can join anytime!

