

Did you know that each CALENDAR YEAR eligible University employees with Extended Health Care benefit coverage are provided a **FREE Health & Fitness Assessment** at the University of Regina's Dr. Paul Schwann Centre?

The University covers the cost of this consultation as part of our faculty and staff wellness program.

Book your Health and Fitness Assessment and be entered for a chance to win 1 of 4 fabulous prizes!! (Everyone who has had an assessment already in this calendar year (2014) will be entered for a chance to win!!)

In addition, everyone who completes their Health & Fitness Assessment this fall will receive a coupon for a FREE lunch from Chartwells and a FREE Fitness and Lifestyle Centre drop-in pass!

Please call 585-4004 to book your appointment.

Prizes are donated by the Faculty of Kinesiology and the U of R Well Advisory Group. **Prizes include:**

1. One 12-month membership for the Fitness and Lifestyle Centre
2. 3 one hour personal training sessions plus a UR Fit Specialized class
3. 3 UR Fit classes (1 Yoga, 1 Regular and 1 Specialized)
4. 3 one hour personal training sessions plus a UR Fit Yoga class

Prizes will be drawn at **11am on Dec 23, 2014**

One of the following health and wellness services is covered with the U of R Health & Fitness Assessment benefit:

- Body composition analysis (using our **New non-invasive** Seca Bioimpedance Body Composition Analysis Machine)
- Discuss your current lifestyle and have an exercise plan developed to meet your goals
- Review your current exercise program and get advice on exercise technique
- Learn how to properly use the exercise equipment in the Fitness and Lifestyle Centre
- Spend the 75 minutes consulting our professionals with your health/fitness related questions
- Perform a true health and fitness assessment based on your current goals. Includes:
 - Evaluation of your current cardiovascular health (Treadmill Test, Blood Pressure) (Direct VO2 if requested)
 - Body composition (measurements, Bioimpedance and skinfolds if requested)
 - Musculoskeletal health (strength and flexibility measurements)
- Get advice and exercises to help manage your current injury, aches, and pains

Beginning an exercise program to training for a marathon ... weight loss to preparing for the ski and snowmobile season ... back injury to no injury ... these health and wellness services are suited to meet your current abilities and goals. (All information from your session remains confidential)