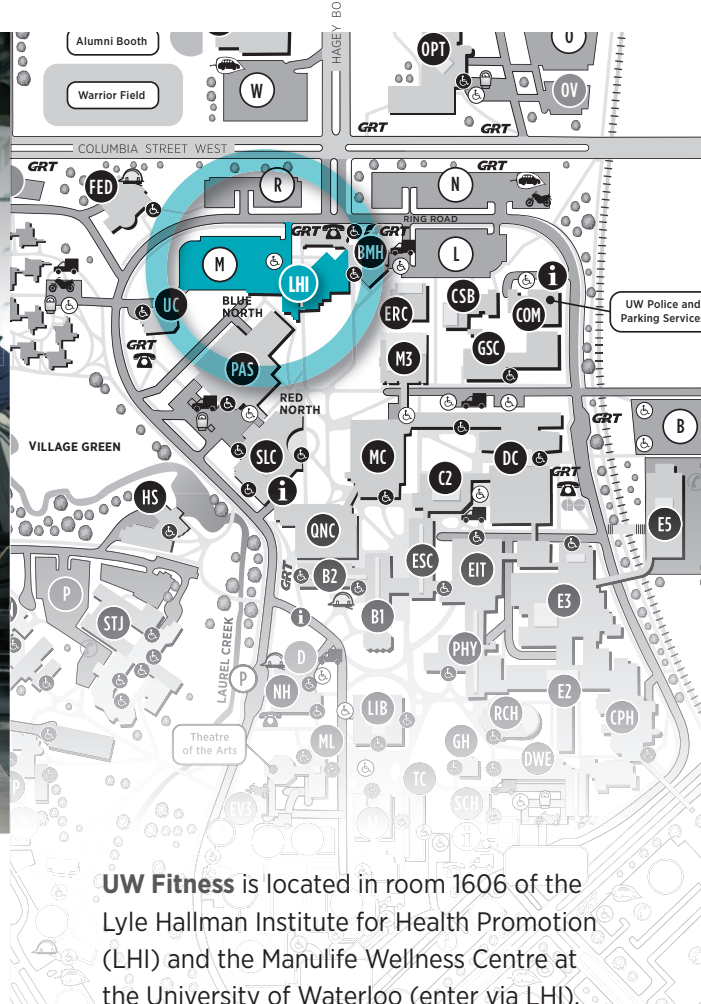




UW WELL-FIT STAFF

Staff are registered with the **College of Kinesiologists of Ontario (COKO)** and certified by the **Canadian Society for Exercise Physiology (CSEP)** and/or the **American College of Sports Medicine (ACSM)**.

- 1 **Caryl Russell**, R. KIN, MSc Kin, ACSM-Exercise Specialist
Program Director
- 2 **Lori Kraemer**, R. KIN, BSc Kin, CSEP-CEP
Certified Exercise Physiologist
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Certified Exercise Physiologist
- 4 **Erin Rellinger Smith**, R. KIN, BSc Kin, CSEP-CEP
Certified Exercise Physiologist
- 5 **Stephanie Pitton**, R. KIN, BSc Kin, CSEP-CEP
Certified Exercise Physiologist



UW Fitness is located in room 1606 of the Lyle Hallman Institute for Health Promotion (LHI) and the Manulife Wellness Centre at the University of Waterloo (enter via LHI). Parking is available in Lot M (pay at kiosk).



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UNIVERSITY OF WATERLOO
FACULTY OF APPLIED HEALTH SCIENCES

UW FITNESS

- » Become more active
- » Train for performance
- » Maintain healthy body weight
- » Reduce side-effects of cancer treatment



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At UW Fitness, we offer a variety of services tailored to our clients.

FITNESS APPRAISALS

A fitness appraisal provides valuable information regarding your overall health and fitness level. This is a great first step to determine areas of focus to help achieve your fitness goals. Kick start your fitness journey or track your progress with one of our fitness appraisal options. Specific components that can be measured include:

- » body composition (calipers)
- » balance and movement assessment
- » aerobic capacity (or cardiorespiratory fitness)
- » muscular strength and endurance
- » flexibility

*Special pricing available when all components are assessed

PERSONAL TRAINING

Receive the professional direction and motivation you need to exercise safely with one of our experienced trainers. Services include:

- » goal-setting and exercise counselling
- » individualized exercise programs designed for home or gym-based training
- » one-on-one and small-group training sessions

Special programs through UW Fitness

TEENS IN MOTION

Teens in Motion is an exercise program for clinically overweight teens (12-17 years) that aims to encourage physical activity, increase confidence and educate on the importance of healthy eating.

Entrance into the program starts with a referral from a family doctor or pediatrician.

UW WELL-FIT

UW WELL-FIT is a 12-week exercise program for individuals undergoing chemotherapy, radiation, or hormonal therapy for various cancers. The program aims to minimize the negative side-effects of treatment and improve quality of life for cancer patients. Upon completion, participants can continue in the UW WELL-FIT grad program on a fee-for-service basis.

Entrance into the program requires medical clearance and referral from the treating oncologist.

SEMINARS AND WORKSHOPS

UW Fitness offers a variety of engaging presentations and dynamic hands-on workshops for large or small groups:

- » seminars on core stability, effective home workouts, and overcoming barriers to exercise
- » sport-specific workshops for teams
- » fitness assessment labs for high school field trips

Programs can be tailored to meet your needs.

uwaterloo.ca/uw-fitness