

McKinley Fitness Workshop Request

ALL REQUESTS MUST BE MADE AT LEAST 2 WEEKS IN ADVANCE!

Current Date: _____ Contact Person: _____
Phone Number: _____ E-mail: _____
Organization: _____ Location of Workshop: _____
Estimated number of attendees: _____ Address of Workshop: _____
Date of Workshop: _____ Time: _____ a.m. p.m.
Alternate Date: _____ Time: _____ a.m. p.m.

Reminders for requester:

- Need to have at least 10 students in attendance
- Need to post flyers on your floor, hall, etc. for the event at least one week in advance
- Send out Emails to residents
- Provide incentives for the audience (small prize or food)
- Meet the presenter at least 5-10 minutes beforehand in the commons area or outside the front door (especially if they don't have access)

TYPE OF WORKSHOP

Please Check the Program/Topic Desired:

- Fat Burn Button From High School Athlete to College Student
 Getting Started Other (please specify: _____)

DESCRIPTION OF PROGRAMS

Fat Burn Button

In the world of fitness and exercise, there are numerous ideas floating around that do not always add up. This interactive presentation dispels the 10 most common exercise myths that exist today. Myths from exercise clothing to targeting specific areas of the body are just a couple of the myths that are dispelled in this discussion oriented program.

From High School Athlete to College Student

An interactive look at the changes that a former High School athlete undergoes as they enter life in college and move away from organized sports. This presentation will demonstrate the differences not only from a physical activity level standpoint, but also will examine the extreme caloric intake and expenditure differences that are evident as an individual goes from a student-athlete to a student-only lifestyle. Ideas and suggestions will be given to help students make this transition much easier as they exit their playing days.

Getting Started

Ever wanted to know how to start an exercise program the correct way? This interactive discussion presents a proper foundation for someone who is interested in becoming healthier. This presentation focuses on the major aspects of physical health: muscular strength and endurance, cardiovascular exercise and flexibility training. Each of these areas are discussed in a way that allows anyone to learn about starting an exercise program.

You may fax this back to SportWell at 265-5025.