

COMMIT TO BE FIT

Summer 2016



WHO: Commit To Be Fit (CTBF) is a **free** fitness program for CSUN staff/faculty and their loved ones, in addition to local residential and business neighbors in Northridge. The program is led by CSUN Kinesiology students, under the supervision of CSUN Kinesiology faculty. 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!**

HOW: Please download, complete, and bring each of the forms below to your first session:

<http://www.csun.edu/wellbeing/staff-faculty-and-community-fitness-program-0>

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



WHAT: Recognizing that you work hard and deserve a great health benefit, we created a fun and engaging fitness program. 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: Every Tuesday and Thursday; from 5:30pm to 6:30pm
The program begins on **June 7th** and concludes on **July 28th**.



For questions, please contact:

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