FITNESS SERVICES

Welcome and thank you for your interest in Fitness Services at University Recreation. You are taking the first steps towards improved health and fitness. Our mission is to empower our clients to achieve active, healthy lifestyles through education, motivation, and training. To take the next step in your journey please read and complete this packet in its entirety. These forms are an important means for us to help you reach your goals safely and effectively.

Policies and Procedures:

Payment: Payment for our fitness services can be made at the Student Recreation Center or the Aquatic Center. Payment must be received in full prior to any service being scheduled. Full payment for partner training must be made by both individuals at the same time.

Expiration: All fitness service offerings expire 365 days from the date of purchase. Fitness services purchased are void after this time period.

Refund: Fitness service offerings are non-refundable unless a verifiable medical conflict exists (physician letter required).

Cancellation: Appointments must be canceled 24 hours in advance by notifying your personal trainer via phone and/or email. Appointments not cancelled will be charged as a training session/service. The trainer will make up any sessions he/she has to cancel.

Arriving Late: Please contact your trainer if you will be arriving late for your appointment. Trainers will wait 15 minutes for late arrivals, at that point the session/service will be charged and the personal trainer has the right to leave the premises. Session time missed for late arrivals will not be made up.

Partner and Group Training Cancellation: There are no individual make up sessions for partner or group training. Missing a partner or group session will result in that individual forfeiting the session.

Registration: The fitness services packet must be completed and submitted with payment to the appropriate University Recreation facility office prior to any service being scheduled. Upon receipt of these materials, a personal trainer will be in contact via email and/or phone within 3 business days to schedule an appointment.

Medical: After review of your medical history our Coordinator of Fitness Services may request you to submit information from your physician prior to scheduling an appointment. This is a very routine process for personal training and is an attempt to make certain that we follow all medical guidelines from your doctor.

Feel free to call us at any time with any new ideas, suggestions, or comments. Our goal is to help you improve your fitness and overall quality of life. Thanks for choosing us to help you meet your fitness needs.

Student Recreation Center Membership Office – 348-5140
Fitness Services – urecfitness@ua.edu

**Please retain this page for your records**
PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?</td>
</tr>
<tr>
<td></td>
<td>2. Do you feel pain in your chest when you do physical activity?</td>
</tr>
<tr>
<td></td>
<td>3. In the past month, have you had chest pain when you were not doing physical activity?</td>
</tr>
<tr>
<td></td>
<td>4. Do you lose your balance because of dizziness or do you ever lose consciousness?</td>
</tr>
<tr>
<td></td>
<td>5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?</td>
</tr>
<tr>
<td></td>
<td>6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</td>
</tr>
<tr>
<td></td>
<td>7. Do you know of any other reason why you should not do physical activity?</td>
</tr>
</tbody>
</table>

**If you answered YES to one or more questions**

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.
- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

**NO to all questions**

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:
- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

**DELAY BECOMING MUCH MORE ACTIVE:**
- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

“I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.”

NAME: ____________________________

SIGNATURE: ______________________

DATE: ______________________

SIGNATURE OF PARENT or GUARDIAN (for participants under the age of majority): ______________________

WITNESS: ______________________

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.
Name:_____________________________  Date:________ CWID:__________________
Email:_______________________________________________Phone:____________________

UREC Affiliation:  o Student  o Faculty/Staff  o Spouse/Partner  o Other  o Non-member*

UREC Facility Membership (full-time students may skip this question):
  o Student Recreation Center/Witt Center at Presidential Village  o Aquatic Center

Rates:

<table>
<thead>
<tr>
<th>Fitness Assessment</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bod Pod Body Composition</td>
<td>$30</td>
</tr>
<tr>
<td>Micro Fit Fitness Assessment</td>
<td>$25</td>
</tr>
</tbody>
</table>

*Non-member price includes an additional $10 for the cost of a day pass to the facility.

Trainer Preference:
  o Male  o Female  o No Preference

Specific Trainer Request:
*All efforts to accommodate requests will be made, but cannot be guaranteed. Assignments are based on client goals, fitness levels and schedules.

Availability:
Please indicate all days and time blocks you are most available to have the assessment
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

*BodPod instructions:
1. Do not eat or drink 1 hour prior to the assessment
2. Do not exercise 3 hours prior to the assessment
3. Do not perform excessive physical activity 3 hours prior to the assessment
4. Men should bring spandex compression shorts to wear during the assessment
5. Women should bring either spandex compression shorts/sports bra or a spandex bathing suit to wear during the assessment

Office Use Only

Paid $_______________     Cash ___     Check ___     BamaCash ___     Credit Card ___
Staff _________________    Please verify that all paperwork has been completed.   Invoice# _____________