

Benefits of Exercise

Reduces incidence of Cardiovascular Disease

Reduces resting Blood Pressure and Heart Rate

Reduces total Body fat

Reduces incidence of:

- **Stroke**
- **Hypertension**
- **Type II diabetes**
- **Colon & Breast cancers**
- **Osteoporosis**
- **Gallbladder disease**
- **Obesity**
- **Depression & Anxiety**
- **Decreased Morbidity & Mortality rates**

Enhances:

- **Physical Function**
- **Independent Living**
- **Feeling of Well being**

ACSM's Guidelines for Exercise Testing and Prescription (7th Edition)

Exercise Recommendations

Cardiovascular Training

- 3 – 5 days per week
- 20 – 60 minutes of moderate intensity

Resistance Training

- 2 – 3 days per week
- 1 set of 3 – 20 reps
- 8 – 10 exercises that include all of the major muscle groups

Flexibility Training

- 5 – 7 days per week
- Include all major muscle groups
- Hold stretch for 15 – 30 seconds
- 2 – 4 sets

ACSM's Guidelines for Exercise Testing and Prescription (7th Edition)



Louisiana Tech University

Department of Kinesiology

For more information call (318) 257 – 4432

Developed by Kinesiology students

Louisiana Tech FACULTY FIT

**Where Louisiana Tech
Friends Come Together for
Health and Fitness.**



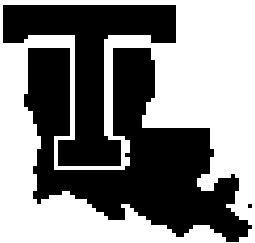
Department of Kinesiology

Spring 2009

What is FACULTY FIT?

Faculty FIT is a supervised exercise course offered to the faculty and staff of Louisiana Tech University. The FIT class offers FREE exercise opportunities including optional exercise testing and individualized exercise prescriptions. The FIT program provides convenient exercise options for a variety of fitness levels. The class is a 2-hour credit on a pass/fail basis. Participants

are encouraged to attend 3 times per week to meet the American College of Sports Medicine recommendations for a healthy lifestyle.



When & Where?

The FIT class is offered quarterly Monday, Wednesday, and Thursday 12 – 1 pm or 5 – 6 pm. The class is conveniently located in Memorial Gym (Room 110) on Louisiana Tech University's campus.

Cost

The FIT class is FREE to all faculty and staff provided that a fee-waiver form is turned in to Human Resources. Once the fee-waiver is on file the university will provide the \$37.50 fee.

Available Equipment

- Indoor track
- Scifit cardio equipment
- Treadmill
- Elliptical
- 2 Upper Body Ergometer
- Recumbent bike
- Upright bike
- Upper/lower
- Two rowing machines
- Nautilus Resistance training machines
- Free weights
- Physio Balls

Free Exercise Testing

These assessments are not mandatory to participate in the FIT class.

- Risk stratification
- Body composition analysis
- Muscular strength analysis
- Flexibility analysis
- Cardio-vascular endurance testing

What People are Saying

“Being a part of Faculty FIT motivates me to exercise on a regular basis.”

-Kevin Cuccia

Prescott Library

“I’m in Faculty FIT to lose weight and because it’s free, flexible and close to work.”

-Caroline Lung

College of Business



Department of Kinesiology

For **FREE** enrollment, you must complete the following requirements:

- **Faculty/Staff fee-waiver in Human Resources Office**
- **Contact Shelia in Memorial Gym at 257-4432 to sign you up. She will complete your Faculty/Staff Admission Form and forward it to Admissions.**
- **Enroll by the start of each quarter**