

HEALTHY FOR LIFE

- ♥ FREE
- ♥ Eight week intervention/education assistance program. High risk individuals are encouraged to participate, but EVERYONE who is interested in a healthy lifestyle is welcome to participate.
- ♥ Begins when you want, just call or stop by the Wellness Office.
- ♥ Consists of eight one-on-one 15-30 minute sessions that fit into YOUR schedule — one each week.
- ♥ An individualized program designed to help you make healthy lifestyle changes:
 - ~ Eating right ~Managing stress
 - ~ Exercising ~ Avoiding Smoking
- ♥ Free Blood chemistry Panel for those who finish the program.
- ♥ Limited spaces available, so call the Wellness Office now to sign up.

~ON YOUR OWN~

Building Hours:	6:00am - 9:00pm	M-F
	9:00am - 3:00pm	Sa
	Closed	Su

Pool Hours:	Lap Swim:	M-F	6:30 - 7:30 am
			12:00 - 12:50pm
Open Swim:	M-Th	6:30-7:30pm	
	M-Th	7:30-8:30pm	
	Sunday	1:00-3:00pm	

Equipment Checkout:

- ♥ Room next to Racquetball Courts:
6:00pm - 9:00pm...M-Th
- ♥ PE 218: other times...M-Fr
- ♥ Equipment is available to check out over the weekend!

GYM SPACE:

With two large gymnasiums, we offer plenty of space for extracurricular activities. Four basketball courts are available and three volleyball and two tennis courts can be set up.

- ♥ Equipment for these activities are available for check-out.
 - 1) Upper Gym: 2nd Floor PE Complex
 - 2) Arena: 1st floor

CARDIO ROOM:

Want to be heart smart? Be sure to stop in our Cardio Room offering a variety of new cardiovascular equipment and a universal weight machine.

- ~2 Stairsteppers ~2 Bikes
- ~3 Treadmills (recumbent & upright)
- ~Nordic Track ~VersaClimber
- ~2 Elliptical Trainers ~2 Sport Riders
- ~AbRoller ~SlideBoard
- ~Arc Trainer ~Pilates Machine
- ♥ 3rd Floor PE Complex

WEIGHT ROOM:

For those who want a strength workout, we offer a weight room that incorporates both free and machine weights.

- ♥ Be sure to check the schedule for available times.
- ♥ Basement PE Complex

RACQUETBALL:

Three courts provide you with an excellent opportunity to learn how to play racquetball or to hone your skills. Courts are available during regularly scheduled building hours.

- ♥ 1st Floor PE Complex

SWIMMING:

Feel the need to cool off? Stop in for a refreshing dip in our newly remodeled swimming pool. Certified lifeguards are on duty at all times. See Pool Hours for Lap & Open Swim times.

- ♥ 1st Floor IT Building (use door across from Roe House)

Student Wellness Activities



Spring 2006

~SERVICES~

SPRING WELLCHECK:

April 4 - 6; 7:00-10:30am

Lewis & Clark Room

Tuesday, April 4

Western Day...Western's employees, family, retirees, and students may participate.

Appointments needed.

Wednesday & Thursday,

April 5 - 6

Community Day -- Western community may participate on these days as well.

No Appointments Taken.

♥ Blood Chemistry Panel - \$25.00

This is a comprehensive blood chemistry panel that includes TSH. A 12 hour fast is REQUIRED!

♥ Other tests available:

PSA (Prostate Specific Antigen)	\$24.00
CBC (Complete Blood Count)	\$16.00
C-Reactive Protein (Cardio-CRP)	\$36.00
Homoglobin Alc	\$30.00
Blood Pressure Checks	FREE

♥ OTHER FREE WELLCHECK SERVICES — (TUESDAY ONLY)

- ~ Body Composition
- ~ Back & Postural Assessments
- ~ Nutritional Counseling
- ~ Ergonomic Assessments
- ~ Community Health Center Information
- ~ Massages
- ~ Vision Screen

PERSONAL FITNESS PROGRAMS AND

ASSESSMENTS:

Physical inactivity is associated with many of the leading causes of death and disability in the U.S. Visit the Wellness Office for a personalized exercise program and/or fitness assessments.

- ♥FREE

Massage:

Randy Lerman, NCTMB,

nationally certified therapeutic massage and bodywork specialist. Randy specializes in the treatment of chronic myofascial pain and soft tissue injuries.

- ♥ \$25.00/hour

- ♥ For appointments...call 683-8847

Joyce Munday, Massage Therapy Specialist

certified in Swedish massage, Reflexology, Trigger Point Therapy, and Sports Massage.

- ♥ \$25.00/hour

- ♥ For appointments...call 683-6279

Katie Goins, Massage Therapy Specialist

"Essential Touch & Massage", Asten Trained Member ABMP

- ♥ \$12.50/half hour

- ♥ \$20.00/hour

- ♥ \$27.50/hour & a half

- ♥ For appointments. . . . call 925-9952

Need to know more?

Contact the UM-Western Wellness Office:

Phone: 683-7441

Location: PE 218

e-mail: j_peterson@umwestern.edu

BEAVERHEAD FAMILY PLANNING CLINIC

401 Barrett

683-4771

Offers reproductive health services for men and women...

- ♥ Annual physical exams for women and girls
- ♥ Contraceptive counseling, evaluation, and prescriptions
- ♥ STD screening diagnosis and treatment for men and women
- ♥ Cancer screening for men and women
- ♥ Health education for individuals, schools, and community organizations

All services are provided confidentially, on a sliding fee schedule, according to income.

Please call or drop by to make an appointment:

Office Hours:

Monday 9:00 – 4:30pm

Thursday 8:30 – 5:00pm

Pill Pick-up Hours:

Monday 11:00 – 1:00pm

Thursday 3:00 – 5:00pm

~SPECIAL PROGRAMS~

FITNESS QUEST

- ♥ FREE
- ♥ Sign up with the Wellness Office and receive your "trail" to fitness.
- ♥ Fill in a box when 30 minutes of continuous cardio, strength, or stretching is performed.
- ♥ When 45 boxes are filled, you will receive a Fitness Quest t-shirt AND your name will be entered in the Weekend Getaway drawing.
- ♥ Boxes (above 45) are extra chances in the drawing.

~SPRING 2006 EXERCISE CLASSES~

- ♥ To register call 683-7441 or pick up registration form at the Wellness Office or exercise class.
- ♥ After January 23th, exercise passes will be needed to participate.

Time	6:00 - 6:45 am	11:00 am 12:00 pm	12:05 - 12:50 pm	5:15 - 6:15 pm
Mon	Cardio Blast		Cardio Blast	Step Aerobics
Tues		Yoga	Step Aerobics	Ski Conditioning
Wed	Cardio Blast		Cardio Blast	Step Aerobics
Thurs		Yoga	Interval Aerobics	Ski Conditioning
Fri	Cardio Blast		Cardio Blast	

- ♥ **Classes Begin:**
Tuesday, January 3
- ♥ **Classes End:**
Friday, May 26
- ♥ **No Classes:**
January 16; February 20;
March 13 - 17
- ♥ **Cost:**
Western Students \$15.00/sem*
Western Employees,
Spouses, Retirees \$30.00/sem*
Community \$50.00/sem*
Daily \$5.00/class
Yoga - \$25.00 additional to "Base Price"
- ♥ **Location:**
PE Complex - 3rd Floor (Yoga - Straugh
Gymnasium 1st Floor)

~INSTRUCTORS~

Morning Cardio Blast
Noon Cardio Blast
Noon Cardio Blast
Yoga

Evening Aerobics
Ski Conditioning

Kathy Peterson
Donna Thorpe
Jenny Peterson
Marisa Smith/
Joan Hendrickson
Kris Berg
Crissie Hansen

~EXERCISE CLASS DESCRIPTIONS~

Cardio Blast

This class uses the concept of interval training. Change stations in "timed" intervals to achieve a full cardiovascular and muscular workout.

Aerobics

A cardiovascular workout using an adjustable step and body toning.



~ Off Campus Programs ~

ASK AN EXPERT: (Diet & Exercise Consultations)

Do you have questions about diet or exercise? **Ask an Expert!** A Registered Dietitian (Laura Del Guerra, RD) and a Personal Trainer (Brian Sharkey, MS) are available to address your specific questions (up to six FREE per year), or to create a personalized diet or exercise program for you (\$10). This program is available to Montana University System adult plan members throughout the state. Your contact with the experts will be by phone or e-mail: AskAnExpert@mso.umt.edu

Program dates: February 15 - May 17, 2006. See spring *Choices-Wellness* Edition newsletter for more details.

APS HEALTHCARE: (Faculty/Staff Assistance Program)

The Faculty/Staff Assistance Program offers FREE short term (up to six sessions per issue) solution-focused counseling and consultation to help you maintain and/or build emotional wellness. The counselors are available to help you and your family members with any life stressors or troubling situations that might be affecting you emotionally. People utilize the services for many different concerns: anxiety and depression, dealing with teenagers, (or teenagers dealing with parents), concerns about aging parents, relationship issues of all varieties, stress reduction, problems with a co-worker, etc.

APS also provides a wide variety of financial and legal consulting services. These services include: divorce, child custody, credit issues, bankruptcy, civil/criminal disputes, wills and more. Call 1-800-833-303.

Need to know more?
Contact the UM-Western Wellness Office:
Phone: 683-7441
Location: PE 218
e-mail: j_peterson@umwestern.edu

~ Special Programs ~

WEB CONFERENCES with ASK AN EXPERT

- Interactive Web Conferences by Registered Dietitian - Laura Del Guerra and Exercise Specialist - Brian Sharkey
- FREE
- Noon - 1:00 pm in the STC Great Room
- Dates and Programs:
 - February 15—This is Fun Isn't It? How to Fit Exercise Into Your Life
 - March 15—The Skinny on Fad Diets
 - April 19—Metabolism for Dummies—How Diet and Exercise Impact Your Metabolic Rate
 - May 17—How Much is Enough? Do you Need to Train to be Healthy?

• **Feel free to bring your lunch and nutrition/exercise questions.**

MOVE TO IMPROVE. . .

THE ONE MILLION STEP ACTIVITY CHALLENGE

- Begins **JANUARY 30** ends **May 24, 2006**
- Cost:
 - FREE to those who participated in the "Wellness Walk About" during the Fall '05 semester
 - \$25.00 for new participants
 - New participants will need to pick-up their pedometer anytime before January 30, so you can "practice" using it.
- Goal
 - Try to log 1 million steps or 500 total miles of activity (not just walking) by May 24, 2006.
 - Swimming, aerobics, biking, jogging, etc, will count toward your goal.
- A *Move To Improve Resource Log Book* will be issued with your registration.