

Spring '09

UNM Student Health & Counseling (SHAC)
UNM Recreational Services

Weight Management

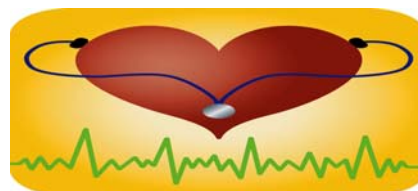
Discount Programs for UNM Students

UNM students must have a Body Mass Index (BMI) of 30 or greater to qualify for one of the following discount weight management programs. To calculate your BMI, visit www.nhlbisupport.com/bmi. All programs are valid for Spring 2009 semester.



Discount Program # 1

- ✓ **Medical Office Visits** (1 evaluation visit with eating disorder screening + 1 follow-up visit) *
- ✓ **Nutritionist Visits** (up to 3 visits)
- ✓ **Personal Training Package I:**
 - **Personal Trainer** (3 sessions):
Learn about stretching, diet, cardiovascular endurance, muscular strength, realistic goal setting, and more. A trainer will develop a personalized program for you that emphasizes proper technique, breathing, range of motion, order of exercise, and specified weights.
 - **Fitness Assessment:**
 1. Girth Measurements: Measurements include waist, hips, thighs, arms, and calves. This determines overall weight loss and muscle gain.
 2. Body Mass Index: Calculations are based on height and weight; the purpose is to determine if an individual is at risk for health problems due to weight.
 3. Body Composition: This three-site testing method used by body calipers uses measurements to determine percentage of body fat.
 4. Flexibility: Sit and reach method + other tests to determine full body flexibility.
 5. Muscular Endurance: Push-up and sit-up tests.
 6. Cardiovascular: 3-min. step test is used to measure the heart, lungs and circulatory system, which in the long run will reduce the risks of diseases.



Total Program Cost: \$95.00 (\$120.00 value)

Discount Program # 2

- ✓ **Medical Office Visits** (1 evaluation visit with eating disorder screening + 1 follow-up visit) *
- ✓ **Nutritionist Visits** (up to 3 visits)
- ✓ **Fitness Assessment** (+ 1-hour session with personal trainer): See Program # 1 above for information.
- ✓ Discounted **"The Works" Pass** (valid for all Fitness Program classes): Recreational Services offers a wide variety of fitness classes each semester. Visit recservices.unm.edu for the Sp '09 class schedule.

Total Program Cost: \$95.00 (\$125.00 value)

Discount Program #3

- ✓ **Medical Office Visits** (1 evaluation visit with eating disorder screening + 1 follow-up visit) *
- ✓ **Nutritionist Visits** (up to 3 visits)

Total Program Cost: \$45.00 (\$55.00 value)

* Med visits: Additional lab costs may apply (if applicable). *



For info, call Student Health & Counseling at 277-3136.

<http://shac.unm.edu/> | <http://recservices.unm.edu/>