



September 2020

Since 1986, The UNH Employee Fitness Program (EFP) has successfully performed over 2,000 fitness and graded exercises tests on UNH faculty and staff. The Department of Kinesiology Exercise Science Program manages the program. Our laboratory is located in New Hampshire Hall while the exercise equipment and facility are located in the Field House.

The EFP is for individuals who are apparently healthy and free from any diagnosed cardiovascular disease. If you have previously had a cardiac event, we encourage you to enroll in our Cardiac Rehabilitation Program. Please contact Deborah Fearheller (Deborah.Fearheller@unh.edu) for information.

A unique aspect of the EFP is that individual exercise prescriptions are developed based on your fitness level as evaluated during a comprehensive fitness assessment performed upon program entry in the fall. You will work one-on-one with a senior exercise science student throughout your program. The fitness assessment includes:

- ✓ complete blood lipid analysis
- ✓ resting and exercise blood pressure
- ✓ resting and exercise 12-lead electrocardiogram
- ✓ health history
- ✓ measurement of health-related physical fitness components
 - cardiorespiratory fitness, body composition, flexibility, muscular strength and endurance

Physician clearance is required for participation in the program for anyone over the age of 40, or for individuals with known health concerns that might put them at greater risk during exercise.

An exercise prescription will be tailored to your individual fitness level as well as your health and fitness goals, interests, and needs.

- **Previous participant?** Please apply to join the program for another go-around. Priority is given to individuals who have not participated before, but the program often has capacity to serve all individuals looking for assistance in becoming healthier and more fit.

COMMIT TO EXERCISE

In return for this extensive testing and the use of state-of-the-art exercise equipment, we ask for your active participation in the Employee Fitness Program and our Facility throughout the academic year (commit to exercise at 2-3 times per week in our facility or virtually with your trainer).

Please mail (EFP, New Hampshire Hall), fax (862-5248) or email (Kimberly.Brian@unh.edu) this form to the Kinesiology office **ASAP**

I am interested in establishing an exercise program and agree to the procedures stated above and the “commit to exercise” statement.

Name

Department

Phone Number

Email

Campus Address