

**UNCG Campus Recreation
Fitness Orientation**

Name: _____ Date: _____

E-mail: _____ Phone: () _____

Status: (circle one) Freshman Sophomore Junior Senior Grad
 Faculty Staff Alumnus Domestic Partner

The F.I.T. Appointment #1 is an introductory session for individuals who are new to exercise or any type of regular exercise. Participants will learn the proper technique and execution of weight lifting, cardiovascular, and flexibility exercises.

Which Fitness Orientation would you like to receive? **(Mark only one box)**

General Fitness Orientation: Receive an orientation on the proper usage of the cardiovascular equipment and weight training machines. Also learn about other services and programs that the SRC has to offer.

Intro Strength Improvement: Instruct patrons on proper set up and exercise technique for resistance training equipment on general exercises. Patrons will receive the Intro Strength Training Log.

Intro Cardiovascular Improvement: Instruct patrons on proper set up and usage of all the cardiovascular equipment. Patrons will receive the Intro Cardiovascular Training Log.

Intro Flexibility Improvement: Instruct patrons on how to execute proper stretching and flexibility exercises. Stretches will be shown for all major muscle groups.

*** Please Turn Over ***

For Fitness Supervisor Use Only!

Fitness Supervisor: _____ Date Assigned: _____

Appointment date/time: _____

Completed: yes _____ no _____ Date Completed: _____

Informed Client of Personal Training Program: yes _____ no _____

Comments: