

# UNIVERSITY OF NEW ENGLAND HEALTH AND WELLNESS PROGRAMMING

## Biddeford Campus

### **Fitness Assessments**

Students can take advantage of free fitness evaluations, which may include assessments of body composition, muscular strength and endurance, cardiovascular endurance, and flexibility. Students will receive a personalized exercise prescription and equipment instruction. Appointments are necessary.

### **“Floating” Personal Training Program**

Students have access to free personal training during pre-determined hours. The “floating” personal trainers are there to help students exercise safely and effectively, stay motivated, and reach their fitness goals. The first step to working with a personal trainer is scheduling a fitness assessment.

### **Nutrition/Wellness Assessments**

Students can sign up for a free nutrition/wellness consultation, which touches on food choices, portion sizes, lifestyle, emotional wellness, stress management techniques, and much more. After the initial meeting, students pick a short and long term goal, and are encouraged to schedule follow-up meetings so that their progress can be tracked for better success with habit and lifestyle changes.

### **UNEFit**

UNEFit is a free student-led fitness program offering classes such as Yoga, PiYo, Boot Camp, Zumba, Indoor Cycling, Metabolic Blast, etc. Students can participate as class members or instructors if they have the desire and some experience.

### **Mind+Full: Information for Innovation**

In this “Lunch and Learn” format series, participants enjoy food while also fueling their minds on various health and wellness promotion topics.

## Portland Campus

### **Equipment Orientation**

This half-hour session includes an introduction to the cardio, strength training, and functional equipment in the fitness center. If you are a beginner or unfamiliar with the equipment offered in the fitness center, you should take advantage of this service, which is offered free to all fitness center patrons.

### **Fitness Assessments**

This hour-long appointment begins with a medical health history review and a current activity chart. Testing includes: height, weight, blood pressure, O2sat, BMI, resting heart rate, percent body fat, circumference measurements, waist-to-hip ratio, sub-maximal aerobic capacity test, muscular strength and endurance test, and flexibility test. Physician clearance may be required for you to participate in testing and any of the below services. This service is free to you as a UNE student or employee.

### **Personal Training/Small Group Training**

A personalized hour long one-on-one or small group training session with a Certified Personal Trainer is available to you. A Fitness Assessment is required prior to any personal training session. Sessions and training styles are individualized to fit your needs and interests. Appointments are available to students and employees and have limited availability.

### **Exercise Prescription**

This is an individualized fitness program to assist you in reaching your fitness goals. You must first have a Fitness Assessment with us. This service is intended to assist students and employees in reaching their fitness goals in a healthy and safe manner using an individually designed fitness program. As a UNE student or employee, this service is free to you.

\*Faculty and staff are eligible to participate in these programs. Please contact the Biddeford Fitness Center at (207) 602-2282 or Finely Recreation Center at (207) 221-4349.