

# U-FIT4.0: A fitness program for Cougs by Cougs

January 23rd – April 23rd, 2017

**Win A \$1000 Scholarship!**

**Provided by ASWSU**



## **What is it?**

U-Fit4.0 is a free 12 week exercise program tailored to WSU students. With this program, there is no waiting in line for equipment. Each workout will be completed in less than one hour! Every exercise is linked to a specific video demonstration and is designed to challenge you no matter your fitness level. Best of all, two undergraduate participants will receive scholarships given by ASWSU.

## **The Program:**

The U-Fit4.0 exercise program is constructed to improve several aspects of physical health including: work capacity, heart rate, range of motion at all major joints, and overall strength. The program will fit any consistent diet plan, whether your goal is to maintain your weight, build muscle, or to lose fat. Each month you will face a different stimulus to both improve results and keep the program interesting. To see program and workout details, visit [urec.wsu.edu/fitness/ufit-40](http://urec.wsu.edu/fitness/ufit-40)

## **What is expected?**

Be active at least 4 times per week to qualify to win prizes. You can complete the strength and conditioning program we've posted or you can do your own workout. To receive credit for working out, you just need to swipe in to the Student Recreation Center, Down Under Recreation Center or Chinook Student Center, Intramural Sports game, UREC fitness class or Outdoor Recreation Trip. Finally, after the program ends in April you will need to submit a short essay to ASWSU to describe how this program improved your wellbeing.

In order to receive credit for your workout, you must swipe in. Swipe ins and your essay will determine the winner of the 2 \$1000 scholarships. You must swipe in at least 4 times a week in 10 out of the 12 weeks of the program to be in consideration for the scholarship.

## **Signing up:**

You may sign up through CougSync on the ASWSU page or visit [urec.wsu.edu/fitness/aswsu-ufit-40](http://urec.wsu.edu/fitness/aswsu-ufit-40).

Register by February 5<sup>th</sup>. When signing up, you will also have the option to pick an orientation. Sessions to choose from are listed below. Orientations are optional, but attending an orientation is a great way to get started with the program!

## **Orientation Sessions:**

Information/Orientation Session:

- Monday January 16 @ SRC 142, 2:00 & 2:30pm
- Thursday January 19 @ SRC 142, 6:00 & 6:30pm
- Monday January 23 @ SRC 142, 10:00 & 10:30am
- Sunday January 29 @ SRC 142, 6:00 & 6:30pm
- Monday February 6 @ SRC 142, 4:30 & 5:00pm

We will provide optional fitness testing at the orientation if you are interested in the following assessments:

- Body Composition Testing
- Cardiovascular Testing
- Strength Testing

If you are interested in a fitness assessment, please bring workout clothes to your orientation

## **Personal Training Workshops:**

These are free workshops for all U-Fit 4.0 participants! Attendance at a workshop can be used to replace of one of your 3 weekly workouts for program attendance purposes.

- "Introduction to Olympic Lifting" SRC Classroom, 1/23, 4:00-5:00pm
- "How Strength Training Can Benefit Runners" SRC Classroom, 2/9, 6:00-7:00pm
- "What Body Type You Are, And How it Affects your Training" SRC Classroom, 3/15, 6:00-7:00pm
- "Creating a State of Mindfulness in the Gym" SRC Classroom, 4/12, 6:00-7:00pm



## **Program Frequently Asked Questions:**

- If I swipe in at a UREC location and take a fitness class, does that count towards my weekly participation?
  - YES! Actually, Intramural participation, outdoor recreation trips, and anywhere you show your Cougar Card also count.
- What should I write about in my essay?
  - We're not going to give you all the answers, but talking about how the program has impacted your personal wellbeing and fitness is probably a good start.
- Where can I get the week's workouts?
  - [Urec.wsu.edu/fitness/aswsu-ufit-40](http://Urec.wsu.edu/fitness/aswsu-ufit-40)
- What if I don't know how to do part of the workout?
  - You're in luck! On the website, you will be able to see each workout, each exercise and how to perform it from your phone! And, our weight room attendants will help you out if prefer speaking with a staff member.
- What happens at the Orientation?
  - The orientation gives you an opportunity to meet with a personal trainer and will give you the proper resources you will need to be successful in the program. You will have the opportunity to connect with other participants, and get your body composition taken if you wish.

*\*Registration ends February 5<sup>th</sup>, 2017\**  
*[urec.wsu.edu/fitness/aswsu-ufit-40/](http://urec.wsu.edu/fitness/aswsu-ufit-40/)*