

Fitness *for Life*

Department of Health and Human Performance (HHP)

For over 40 years, the Cleveland State University Employee **Fitness for Life Program** has helped promote health awareness and encouraged CSU Employees to learn and integrate healthy living practices into their everyday lives.

Your Fitness for Life tests also cover your VikeHealth "Know your Numbers" testing requirements! Staff Development benefits cover the cost of this program for eligible CSU employees.

New participants receive:

- a) two sub-maximal graded exercise (stress) tests, with accompanying measures of body composition, flexibility, muscular strength, lung capacity, as well as a health risk appraisal.
 - 1) a baseline in the fall prior to beginning the exercise to assess level of fitness and set exercise guidelines
 - 2) a follow-up in the spring to help measure improvement in fitness level
- b) two blood analyses, one in the fall and one in the spring for glucose and lipids
- c) supervised exercise sessions arranged upon request
- d) an informative monthly newsletter and access to online Blackboard course site

Returning participants receive:

- a) one sub maximal graded exercise (stress) test in the spring with accompanying measures of body composition, flexibility, muscular strength, lung capacity, and a health risk appraisal.
- b) one laboratory blood analysis, one in the spring for glucose and lipids
- c) supervised exercise sessions arranged upon request
- d) an informative monthly newsletter and access to online Blackboard course site

Both new and returning participants should attend the orientation session each fall to submit health and medical forms and review health risk assessment and medical examination requirements.

If you are unable to attend the orientation session, please contact Ken Sparks (ext. 4831). You may also submit health and medical forms prior to the session to Ken Sparks at PE B60.

You can create healthy habits today that will last a lifetime!

REGISTRATION PROCESS

- 1) Register online.
- 2) Complete a **Staff Development form** and fax the form to Noelle Muscatello at ext. 3556, via Campus Mail to JH 239, or email to j.n.muscatello@csuohio.edu.
- 3) Complete a **medical questionnaire** (provided to you after your testing is scheduled). This must be completed annually by all participants.
- 4) Sign an **informed consent statement** (provided to you after your testing is scheduled) prior to participation in any aspect of the program.
- 5) Submit proof of a **medical examination*** by your personal physician. This is required for all new members over age 35, and for returning members as follows:
 - every three years for those under 50 years of age
 - every two years for those 50 – 59 years of age
 - every year for those over 59 years of age

***Contact CSU's Health and Wellness Services, located in the new Center for Innovation in Medical Professions (CIMP) building on the second floor, at 216/687-3649 to make a convenient appointment for your medical exam right here on campus!**

(Employees who have chronic medical problems that are followed by other doctors outside of CSU will need to have their physical exams done by their own doctor. Also, anyone over the age of 50 will need to go elsewhere as they will need to have an EKG for exercise clearance if they haven't already been exercising.)



Please call (216) 687-3867 or email cehperd@csuohio.edu with questions or for more information