Students and Faculty/Staff:
Add variety and motivation to your workouts!

Partner with a UNI Personal Trainer to provide you with an individualized fitness plan!

UNI Personal Training services has the **lowest package prices in the Cedar Valley**!

Let us partner with you for an average price per session of $14.55 for students and $17.10 for faculty/staff! Fill out the Pre-Training Information Form to get started today! You can also contact our office at 319-273-7167.

**Pre-Training Information Form:** https://www.uni.edu/forms/fitness-appraisal-wellness-and-recreation-services

**Benefits of Working with a Personal Trainer Include:**

- Goal achievement
- Personalized workout
- Instruction
- Motivation
- Accountability
- Variety
- Efficiency

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Meet the UNI Personal Trainers!

Trainer of the Month: Carly Wolf

Major: Movement and Exercise Science/Health Promotion

Favorite Types of Exercise: HIIT (High Intensity Interval Training)

Hobbies/Interests: Cross-Fit and Cheerleading

Favorite Motivational Quote: “When was the last time you tried something for the first time?”

Personal Training Philosophy: Be the client’s motivation, not their fear. Have fun working out, because working out is fun!

Food of the Month: Broccoli

Facts about broccoli:

> **Low in calories** – 1 cup is about 55 calories

> **High in fiber** – 1 cup contains about 5.1 grams of fiber – high fiber helps lower cholesterol, control blood sugar, decrease risk of heart disease, and keeps your digestive tract working smoothly.

> **Rich in vitamins** – excellent source of vitamin K, A, B-6, and E. These vitamins help with a number of things including avoiding blood clotting, keeping optimal vision, immune system function, DNA synthesizing, metabolism, and antioxidant function to prevent cell damage.

> **Source of multiple minerals**: minerals include phosphorus, potassium and manganese.

> **Phytochemical provider**: some research suggests that broccoli contains certain phytochemicals that may help prevent cancer (American Cancer Society).

> **Cooking considerations**: how you are preparing your food is very important. Eat your broccoli raw or steamed to get the most nutrients. Nutrients are lost in preparations such as boiling and frying.
Looking for a place to workout before the WRC is open in the afternoon? Try
the Health Beat in Maucker Union! The Health Beat offers cardio equipment
including stationary bikes, ellipticals and treadmills as well as Magnum weight
machines and free weights! The Health Beat also offers locker service to make
it easier to store your workout attire instead of hauling it each day in the frigid
cold.

Call 319-273-2239 or talk to the Health Beat desk supervisor for more details!

**Health Beat Hours:**

Monday-Thursday:
6:30am-6:30pm
Friday:11:00am-2:00pm

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**Q&A: How Much Exercise Do I Need?**

According to the ACSM guidelines:

- Adults should get at least 150 minutes of moderate-intensity exercise per week
- Exercise recommendations can be met by performing 30-60 minutes of
  moderate-intensity exercise five days per week
- Or 20-60 minutes of vigorous-intensity exercise three days per week
- Gradual progression of exercise frequency, intensity, and time is recommended
- Adults should train each major muscle group two or three days per week using
different equipment and exercises
- Very light or light intensity is best for older persons or previously sedentary
  individuals just starting exercise
- How many repetitions? For each
  exercise, 8-12 reps improve strength and
  power. 10-15 reps is desirable for
  strength improvements in middle-age
  and older persons starting exercise.

For more information, please visit http://www.acsm.org/about-acsm/media-room/news-releases/2011/08/01/acsm-issues-new-recommendations-on-
quantity-and-quality-of-exercise

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"The secret of
getting ahead
is getting
started."

-Mark Twain
Recreation Services has a history rooted in long standing traditional recreation programs and health services. As the wellness philosophy was born and has evolved, so has the breadth and depth of these services. We strive to build upon our strong history as we continue to adapt to meet the needs and interests of the ever changing campus community.

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**How to Set Short Term Goals: SMART Goals**

- **SPECIFIC**: Your goal should be as specific as possible. Who’s involved? What do I want to accomplish? How often or how much? Where will this take place?
- **MEASURABLE**: How will you measure your progress? Journaling or recording can give you specific feedback and help hold you accountable to your goal.
- **ATTAINABLE**: Is your goal achievable? Make sure you push yourself but remain as realistic as possible for the time frame you have chosen.
- **RELEVANT**: Will this goal benefit you and meet your needs? Does it match to your short and long-term plans?
- **TIMELY**: (example: 5 weeks) Make sure you establish a realistic timeframe and record your progress to help keep you motivated!

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**Contact Us!**

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Personal Fitness Coordinator  
Email: kristy.leen@uni.edu  
Phone: 319-273-7167

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**Visit our Facebook Page!**

**UNI Personal Training**

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