Employee Wellness is offering our successful Student Personal Training Program for faculty and staff. Have fun with your own trainer while increasing your physical activity and improving your diet.

**Details**

- Work with a well-qualified, enthusiastic student personal trainer* who will assess your current level of fitness and design an individualized exercise program to help you meet your goals!
- Schedule times that are convenient for you and your trainer.

* Student personal trainers receive practicum credit for their work. Therefore, you must feel comfortable with the time commitment in order for them to benefit from this experience.

**You will need to have a membership or buy passes to the Cardio Center or Strength Fitness Center.

**Nutrition Information Included**

Your trainer will also provide advice on healthy eating and can perform a detailed nutrient analysis of your diet.

**Dates and Fees**

- Personal training begins the week of Feb. 25 and continues through the week of May 2.
  - Includes: pre-assessment, 8 weeks of training, post-assessment
  - Program fees: NONE
- Register by Feb. 8 to hold your spot!

**Registration**

Space is limited, register now!

**Contact Tom Wetter, Ph.D.**

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School of Health Promotion and Human Development

Employee Wellness
University of Wisconsin-Stevens Point