

Fitness *for Life*

Department of Health Sciences 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:

1. A baseline fitness test in the fall prior to beginning the program to assess your level of fitness and set exercise guidelines. Testing includes:
 - a. A submaximal graded exercise test
 - b. Measurement of body composition
 - c. Assessment of flexibility and strength
 - d. Resting ECG
 - e. Blood analysis of glucose and lipids (including cholesterol)
2. A follow-up test in the spring to measure any improvements in your fitness level
3. Supervised exercise sessions arranged upon request
4. An informative monthly newsletter and access to the PE building locker room and SB 17 weight room

Returning participants receive:

1. A fitness test in the spring to assess your level of fitness. Testing includes:
 - a. A submaximal graded exercise test
 - b. Measurement of body composition
 - c. Assessment of flexibility and strength
 - d. Resting ECG
 - e. Blood analysis of glucose and lipids (including cholesterol)
2. Supervised exercise sessions arranged upon request
3. An informative monthly newsletter and access to the PE building locker room and SB 17 weight room

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 Emily Kullman (ext. 4831, e.kullman@csuohio.edu). You may also submit health and medical forms prior to the session to Emily Kullman at JH 164.

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

REGISTRATION PROCESS

- 1) Register online at <https://health.csuohio.edu/health-sci/fitness-for-life>
- 2) Complete a **Staff Development form** and send it via Campus Mail to JH 206 attention Andrew Heffron, or email to cehperd@csuohio.edu.
- 3) Complete a **medical questionnaire** (available on website or 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

You can earn up to 40 Wellness Points that count towards the VikeHealth program through participation in Fitness for Life! The blood screening is worth 30 points for your “Health Screening” category, and participation in the program is worth another 10 points for the “Self-Reported Culture of Health or CSU Sponsored Activity” category. VikeHealth activities can be accessed through your Medical Mutual Wellness Portal.



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