

DESIGNED FOR  
**ENERGY**



**SIUE**<sup>®</sup>  
Campus Rec

For more information or to  
schedule an appointment, call the

**Wellness Center**  
Located in the Student Fitness Center

Phone: (618) 650.BWEL (2935)

Fax: (618) 650.5718

Hours:

Monday - Friday 8:30 am - 5:00 pm

Closed each Thursday 1:00 pm - 2:00 pm

[www.siu.edu/crc](http://www.siu.edu/crc)  
[www.siu.edu/crc/wellness](http://www.siu.edu/crc/wellness)

Wellness  
Center  
**SIUE**<sup>®</sup>  
Campus Rec

**Wellness Center** provides a variety of services for SIUE students, faculty, staff, & Student Fitness Center members. Programs are designed **to assist individuals** in making **healthy lifestyle choices** by providing educational opportunities that focus on the basic principles of wellness.

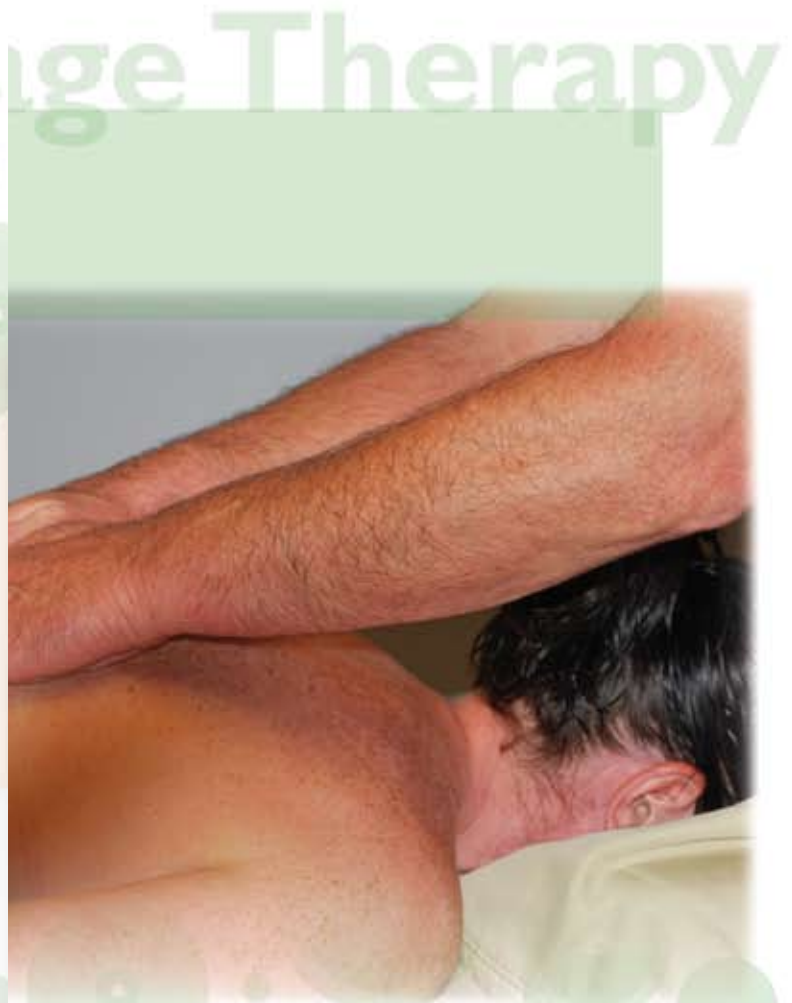
## Fitness Assessments

This program provides baseline measurements of **flexibility**  
**endurance**  
**blood pressure**  
**muscular strength**  
**body composition**  
**cardiovascular fitness.**

**Results** from these tests **are reviewed** and can be used to **create a personalized fitness plan tailored to help YOU achieve your health and fitness goals.**

Rates:  
**FREE** for SIUE Students  
& SFC Members  
**\$25** SIUE Faculty & Staff

**Body Fat Test Only:**  
**FREE** for SIUE Students  
& SFC Members  
**\$5** SIUE Faculty & Staff



## Fitness Consultations

This program is available to individuals who want information on either designing a safe and effective exercise program or making improvements to **their** current program.

One of our qualified **fitness professionals** will meet with **YOU** one-on-one to review your fitness goals, and assist **YOU** with developing a personalized fitness program.

Consultations take approximately 30 minutes  
Rates:

**FREE** for SIUE Students  
& SFC Members  
**\$10** SIUE Faculty & Staff

## Massage Therapy

Feeling stressed? The Wellness Center offers a variety of massages just for you:

**Swedish**  
**Deep-Tissue**  
**Sports Massage**  
**Pre-Natal Massage**

Campus Recreation offers massage therapy to all students, faculty/staff, SFC members, and guests of those listed. They are performed by licensed massage therapists. Gift certificates are available and can be purchased at the Student Fitness Center reception desk.

# Personal Trainers

Our knowledgeable personal trainers are on hand to help you in your quest to become a healthier YOU!

# Personal Trainers



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## Weight Room Orientations

Orientations are offered to all SIUE students and SFC members for FREE!

Our qualified fitness staff will demonstrate and fully explain how to safely and effectively use the Cardio and Weight room equipment.

Cougar

## Balance

is an all encompassing wellness program designed to help **YOU**. Total wellness is comprised of:

- Social Wellness
- Physical Wellness
- Spiritual Wellness
- Emotional Wellness
- Intellectual Wellness



There is far more to wellness than simply diet and exercise.

- Social health
- Mental health
- Spiritual health
- Emotional health

are also vital to your overall wellness. Cougar Balance presentations are available upon request. Please contact the Wellness Center to get yours scheduled!

For more info about Cougar Balance please visit:

[www.siu.edu/cougarbalance](http://www.siu.edu/cougarbalance)

## Injury Consultation

Consultations are provided by a **Sports Medicine specialist** who will evaluate exercise-related injuries and provide recommendations for treatment and rehabilitation.

Sessions are approximately **30 minutes** in length.

Rates:

**\$10** per visit for SIUE Students

**\$17** for SIUE Faculty, Staff, & SFC Members



# BE FIT

## Group Fitness

**Campus Recreation offers over 35 hours of classes each week to accommodate all participants' schedules.** We offer a variety of challenging, exciting, and energizing classes from Zumba to Spinning. Classes are well-structured and tailored to each individual's unique fitness level.