

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 “Biometric Screening” (formerly 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, and aerobic capacity.
 - 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

Returning participants receive:

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

Both new and returning participants should attend the orientation 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. 4854). 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 by visiting <https://cehs.csuohio.edu/hperd/FFL>
- 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 at orientation or provided to you after your testing is scheduled). This must be completed annually by all participants.
- 4) Sign an **informed consent statement** (available at orientation or 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

***Please note: In order to receive the 25 VikeHealth points for completion of the Fitness for Life program, you will need to submit monthly logs documenting your physical activity to e.kullman@csuohio.edu, or you can drop them off at JH 164. This process will be explained at orientation, and exercise logs will be available electronically or via paper cards which will be available at orientation. These 25 points are in addition to the points received for the biometric testing data obtained at the beginning of the Fitness for Life program.**



Please call (216) 687-4854 or email e.kullman@csuohio.edu with questions or for more information