Welcome to the Lumberjack Fitness Academy program through Employee Wellness. This program which is open to SFA full-time / part-time faculty and staff for the Fall 2018 semester is focused on getting you healthier through fitness and nutrition while providing you with many of the great resources that SFA has to offer.

How to Apply
Each individual must apply by completing the Lumberjack Fitness Academy Application Form found on the Employee Wellness website at www.sfasu.edu/employeewellness. Applications will be taken from August 13 through September 3. Participants will be chosen based on their commitment to follow the program and desire to gain health improvement. Applicants will be informed on September 5 if they were selected for the Lumberjack Fitness Academy.

Refundable Participant Fee
There is a $60.00 refundable fee to participate in the 2018 Lumberjack Fitness Academy if accepted into the program. The fee must be paid by Friday, September 14, 2018. If you complete the following tasks by Friday, December 7, 2018, you have the option to be reimbursed your $60.00 fee or receive an additional free Campus Recreation membership for January & February 2019.

1. Attend one of the informational meetings once accepted.
2. Complete a pre and post fitness assessment.
3. Work out at least three times a week.
4. Meet with Aramark’s registered dietitian once.
5. Attend two of the three wellness seminars offered.
6. Complete the program post survey.

Schedule of Activities
All participants must complete the following activities to continue their acceptance into the program. Attendance only required at one information meeting, and two of the three Wellness Seminars.

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<thead>
<tr>
<th>September 11</th>
<th>Information Meeting</th>
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<tr>
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<td>12:30 p.m.</td>
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<td>Campus Recreation Meeting Room</td>
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<tr>
<td>September 12</td>
<td>Information Meeting</td>
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<td>4:30 p.m. or 5:15 p.m.</td>
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<td>Campus Recreation Meeting Room</td>
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**Fitness Assessment and Personal Training**
All participants will be required to undergo a pre and post assessment completed by one of SFA Campus Rec’s certified personal trainers. These assessments will be used to evaluate your current fitness level and to gauge your progress at the conclusion of the program. In addition our trainer will guide you through a 60-minute session that emphasizes the five components of fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.

**Registered Dietitian**
All participants will be required to meet with Aramark’s registered dietitian to receive personalized support in developing a healthy eating plan.

**Workout sessions**
All participants will receive a free membership to SFA Campus Rec for October – December 2018. As part of their membership, each participant will be required to work out for at least three 30-minute sessions per week.

**Wellness Seminars**
All participants will be required to attend two of the three offered wellness seminars, held throughout the months of October and November.

**Employee Wellness Coordinator**
Jessica Waguespack
Employee Wellness Coordinator
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