



UTAH RECREATION & PARKS
ASSOCIATION

HEALTH & WELLNESS
HIGHLIGHTS 2013

“F.I.T. 2013”/Taylorsville City/ Teen Boot Camp

Communities in Salt Lake County formed a committee to launch an initiative to raise awareness for youth & teenagers about obesity rates/risk factors and healthy lifestyles. The campaign is called F.I.T. Fitness initiative for Teens. The goal of the committee is to launch and run programs, activities, and events that are suitable for each community here in Salt lake County. Each program no matter how it is designed will provide a pre- and –post evaluation for the youth to measure BMI, cholesterol, strength, and cardio.



YOUTH & TEEN BOOT CAMP

OCTOBER— NOVEMBER SESSION

Starts Monday Oct. 28th
and runs through Thursday
Nov. 21st

FEE: \$30

DECEMBER SESSION

(3-week session)

Starts Dec. 2nd and runs
through Dec. 20th

FEE: \$24

This program is designed for
Boys & Girls ages 10-16 to educate and
motivate youth to improve the quality of life
through developing a healthy and active lifestyle
through a series of classes and activities that will keep
them engaged and active! Each participant will receive
a pre- and post evaluation that our instructor can
share with you and your child. Quick and easy diet plans
will also be included for you and your child to follow to
help achieve fitness goals

Where: Taylorsville Recreation Center
(Tuesday & Thursday)
Redwood Recreation Center
(Monday & Wednesday)

When: All participants are able to attend Monday
through Thursday from 4:15PM to 6:15PM

Instructor-SGT SAVAS Certified NASM



Program Contact: Ryan Roghaar / Phone: (385)-468-1732 / Email: rroghaar@slco.org



Provo City Recreation Center/ Rec Fit Challenge

As a recreation center, we wanted to give our patrons a health and wellness program they could follow that intertwine with our classes. So the Rec Fit Challenge was created! A lot of our patrons felt lost with where they should start and how the classes we offered intertwined with weight loss or muscle gain. We wanted to give them a basic outline and guide for how these classes helped in certain areas and how they could put everything together to gain better health. We have had huge success with this program, and our patrons love the change happening to their bodies!

Every week, our training experts put together a new workout in the following areas shown below:

REC FIT CHALLENGE



TOTAL BODY WORKOUT (2-3X/WEEK)							
Option 1	Class Circuit: RIP, RIP INSANITY, RIP GRIP, HOT FUSION, PILATES, <u>PiYO</u>						
Option 2	Area	Exercise (<u>Free weights</u>)	Sets	Reps	Tempo	Rest	% Max
	Legs	<u>Kettlebell</u> one-legged dead lift Box step up with barbell Wall sits (1 Minute)	3	15	Slow	15 Sec.	60
	Upper body	Push ups Dumbbell shoulder press Cross body bicep curl/ <u>Tricep exten.</u>	3	15	Slow	15 Sec.	60
	Back	Machine- rows Machine- Wide-grip <u>lat</u> pull down	3	15	Slow	15 Sec.	60
	Core	Medicine ball sit ups Plank (1 minute)	3	15	Slow	15 Sec.	60
CARDIO CIRCUIT (2-3X/WEEK)							
Option 1	Class Circuit: CYCLE, KICK IT, HIP HOP HUSTLE, HOT HULA, U-JAM, ZUMBA						
Option 2	Area	Exercise	Workout		HR Zone	Cool down	
	Total body	Bicycle	30 minutes (Level 7+)		70%	5 Min.	
FLEXIBILITY (2-3X/WEEK)							
Option 1	Class Circuit: <u>PiYO</u> , YOGA						
Option 2	10-15 Min. per day of stretching						
HEALTH CHALLENGE							
Goal: Do meditation, deep breathing, or yoga for at least 15 minutes each day.							

In order to accommodate all different schedules, we provided two different options for the total body resistant workouts. The first option lists the classes we offer and the second lists a free weight/machine circuit if none of the classes or style accommodates their schedules. In addition, we add a cardio circuit challenge, flexibility challenge, and health challenge to really attack all areas of health.

To make this program that much more interactive for our patrons, we create and share the exercises through our YouTube channel. Here is a sample:

http://www.youtube.com/watch?v=SqX2dFuv_V8&list=PL0HiZ8Y4-Ez2YNfSNBu0xvfpSUaeK6BLk

We are in the process of gathering our results board from those involved in this program, but the average weight loss per month with the participants we have tracked has been 16.4 pounds.

Program Contact: Aubrey Van Pelt / Em: AVanPelt@provo.org/ Ph: (801) 852-6612



SLC Sports Complex & Steiner Aquatic Center

Laughter Yoga Workshop

❖ **Led by** Claire Nelson
~Certified Laughter Yoga Leader~

❖ **Hosted by** Sally Pfeiffer
~Certified Personal Trainer~

❖ **Location:**
Salt Lake City Sports Complex
[645 S. Guardsman Way (1580 E.)]
~Meet in Aerobics Studio~

❖ Plan a **date** with your inner child
~Sunday, September 8th~

❖ Precise moment in **time:** 9-10 a.m.

❖ **Price:** \$30.00



Have you ever heard the saying,
“**Laughter is the best medicine**”?
The beauty of laughter is universal and
invites us to transmute from a negative
space into a positive space within
moments.



Tri-cycle Power Camp

A twelve week program designed for triathletes. We combine swim, bike, and run. The progression includes:

Four weeks to develop a baseline

Four weeks threshold training

Four weeks VO 2max.

We do a threshold endurance test before, halfway through, and after to show participants their results. Participants improved about 20% power output over the twelve weeks!

Program(s) Contact: Kristen O'Brien / Email: KOBrien@slco.org / Phone: (385)-468-1917