REGISTRATION FORM

Personal Training and Nutrition services are available to Campus Recreation Center members. To obtain services, please complete the registration form. Additional health history and/or dietary recall paperwork will be provided when payment is made. Payment may be made in-person in the Campus Recreation Center office. Payment must be received before services are rendered. Once all paperwork and payment are received, you will be contacted within three business days to schedule your initial consultation.

PERSONAL INFORMATION

Name ___________________________________________________
Home/Cell Phone _______________________________________
Email ___________________________________________________

Sex:   □ Male   □ Female   Age _______________

Please Check One:  
□ Faculty □ Staff □ Student 
□ Retired Faculty □ Dependent □ Spouse

SERVICE(S) REQUESTED  Check all that apply.

PERSONAL TRAINING  NUTRITION SERVICES
□ One Session Package, $20  □ Welcome Package, $25
□ Five Session Package, $65  □ Follow-up Sessions, $12
□ Ten Session Package, $110

COMBINATION SERVICES
□ 1 personal training session + nutrition welcome package, $40
□ 5 personal training sessions + nutrition welcome package, $85
□ 10 personal training sessions + nutrition welcome package, $125

*Additional nutrition follow-up session available for $12

Continued on reverse. Please fill out completely.
**WHAT CAN A TRAINER DO FOR YOU?**

National Certified Personal trainers help instruct and educate you on the most successful ways to improve your health and fitness. Consider the following services a trainer can provide for you: assess your health history and level of conditioning; create and accomplish long and short term fitness goals; ensure a safe and effective workout; learn new training skills; enhance your mind, body, and spirit; improve your overall fitness; reach or maintain a healthy weight; take charge of your health.

**WHAT CAN A REGISTERED DIETITIAN DO FOR YOU?**

The Registered Dietitian (RD) works with you to set individual nutrition goals. The RD helps you make the small lifestyle changes you need to meet your overall health goals. Consider the following services a RD can provide for you: diet analysis and nutrition assessment; short and long-term nutrition goals; meal ideas and recipe suggestions; weight management, diabetes, cardiovascular health, etc.; provide current, evidence-based information; improve your diet.

**FITNESS ASSESSMENT**

A fitness assessment is an excellent way to begin your personal workout program. Fitness Assessments help determine your individual baseline fitness level by measuring your individual strengths and weaknesses. The results of the fitness assessment assist in determining the best fitness program for your individual needs. A fitness assessment is performed by a personal trainer and includes the following assessments: Resting Heart Rate; Blood Pressure; Circumferences; Body Composition; Muscular Strength; Muscular Endurance; Cardiovascular Fitness; Flexibility; Wellness Assessment.

**DIET ANALYSIS AND NUTRITION ASSESSMENT**

The 3-day diet analysis helps pinpoint certain areas we will work together to improve. It is a vital part of the nutrition assessment. The nutrition assessment is the plan: assessment, nutrition diagnosis, goals and how you will work to meet the goals.

**PERSONAL TRAINING**

We try to offer the most flexibility possible in our personal training program. One session is 1 hour. Each package includes a fitness assessment plus the number of indicated sessions.

<table>
<thead>
<tr>
<th>Package</th>
<th>Price</th>
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<tbody>
<tr>
<td>One Session Package</td>
<td>$20</td>
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<tr>
<td>Five Session Package</td>
<td>$65</td>
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<tr>
<td>Ten Session Package</td>
<td>$110</td>
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**NUTRITION SERVICES**

**WELCOME PACKAGE:**

The welcome package includes an initial one hour nutrition session involving a 3-day diet analysis and nutrition assessment plus a 30 minute follow-up session.

<table>
<thead>
<tr>
<th>Welcome Package</th>
<th>Price</th>
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<tbody>
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<td></td>
<td>$25</td>
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</table>

*Additional 30 minute follow-up session $12

**COMBO PACK: PERSONAL TRAINING + NUTRITION**

1 personal training session + nutrition welcome package $40
5 personal training sessions + nutrition welcome package $85
10 personal training sessions + nutrition welcome package $125
*Additional 30 minute nutrition follow-up session $12

Achieve your health and wellness goals with the help of a Personal Trainer and Registered Dietitian.

**AVAILABILITY**

To better accommodate your training and nutrition needs, please indicate your best days and times for sessions.

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
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<tbody>
<tr>
<td>Mondays</td>
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Make Checks Payable To:
WCU Campus Recreation Center
379 Memorial Drive | Cullowhee, NC 28713

**OFFICE USE ONLY:**

DATE: ________ AMOUNT: ________ STAFF: ________