

THE SEVEN DIMENSIONS OF WELLNESS

Look for these symbols around campus to find programs that can help you improve in all areas of wellness.



SPIRITUAL



PHYSICAL



EMOTIONAL



SOCIAL



INTELLECTUAL



OCCUPATIONAL



ENVIRONMENTAL

WELL STUDENT SPOTLIGHT

The Wellness Center is now accepting nominations for the VTC Well Student Spotlight. Each month, one student will be awarded for their efforts in maintaining a healthy and balanced life. Nomination forms can be picked up and submitted in the Wellness Center.



WELLNESS REWARDS

Pick up your punch card in the Wellness Center for an opportunity to win great prizes! You'll receive a prize once you've completed 10 wellness activities on campus. Completed cards will be entered into a grand prize drawing at the end of the each semester. The more cards you fill, the more chances you have to win the grand prize.



We provide wellness programs and incentives that actively engage our academic community and foster health and wellbeing. Our facility and group exercise classes are free for all students and staff.



Room E170

Hours of Operation

Monday– Friday: 7:00am–9:00pm

Saturday: 8:00am–12:00pm





PROGRAMS

Orientation: A free one time, one hour appointment where you will learn about exercise recommendations and how to properly use the equipment. You will leave with a full body strength training routine personalized for you.

Personal Training: Students get two free 45 minute personal training sessions per semester, after they've completed an orientation. This is a great option for those who have plateaued and want to switch up their routine.

Fitness Assessment: Test your current fitness level to establish a baseline or track progress. Students get two free fitness assessments each semester. The Fitness Assessment includes body composition testing, blood pressure, 3 minute step test, push-ups, sit-ups, and sit & reach.

Nutrition Consultation: For this appointment option, students are required to bring a 3 day food log, outlining everything they eat and drink and the quantity. We will review your food log together and highlight areas where you can make changes and improvements.

Wellness Check: Knowing your health related numbers can be a motivational tool to help you reach your wellness goals. You will leave knowing your BMI, body fat percentage, weight, blood pressure, and resting heart rate.

Group Exercise Classes: A current group exercise class schedule can be found on our website: www.fvtc.edu/fitnesscenter.

POLICIES

- **Only current FVTC students and staff are allowed to use the Wellness Center. You must have a key fob to enter the facility.**
- **Must be at least 18 years of age to be in the Wellness Center and use the equipment.**
- **Closed toe athletic shoes are required. No outdoor shoes allowed on the equipment. Please bring a clean pair to change in to.**
- **Shirts must be worn at all times.**
- **No slamming weights or dropping them on the floor.**
- **Exercise at your own risk.**
- **No bags are allowed in the Wellness Center. Please leave them in the locker room or in a cubby by the Wellness Center desk.**
- **Wipe every machine after you are finished using the provided cleaning wipes.**
- **Re-rack all weights and put all equipment back in it's proper place when finished.**

FACILITY ACCESS

A key fob is required for entry into the Wellness Center. All FVTC students and staff are eligible to receive a key fob. Pick up your key fob in Student Life.

Key Fob Policy:

- A \$10 fee will be charged to replace lost or stolen key fobs.
- Please do not prop open the Wellness Center doors or let anyone in.
- One person per key fob, per entry.

CONTACT US

Brandy Hankey, MS
Wellness Coordinator

NETA Certified Personal Trainer
YMCA of the Fox Cities
920-996-2884
fitnesscenter@fvtc.edu

"Like" us on Facebook:
www.facebook.com/fvtcwellness