

April 10, 1987

26 EXECUTIVE COUNCIL BILL #56

UNIVERSITY OF COLORADO

STUDENT UNION

Sponsored by: Representatives-at-Large

Tri-Executives

Authored by: Recreation Board Chair
Representative-at-Large

A BILL

Jeff Stephens
Christine Drylie
Kevin Jacobs
Timber Notestine
John Ramos
David Aragon
Patrice Hauptman
John Roberts

Jeff Caird
Christine Drylie

BILL HISTORY

The Fitness/Wellness Fair was conceived as an event for the University community (faculty, staff, students, retirees and alumni) to provide activities and events which enhance health and fitness.

The Fair will be held from 11 am to 5 pm on Thursday, April 30th, in the University of Colorado, Boulder, Recreation Center. The majority of the activities will occur in the Rec Center's main gym. Booths for an amazing collection of exhibitors will be in the west end of the gym; the east end of the gym will have an even more impressive contingent of speakers giving seminars on fitness/wellness topics. Fitness films will be ongoing in the conference room.

A healthy marketing to students is needed to ensure maximal student attendance.

BILL SUMMARY


This Bill allocates \$282.21 from Central Reserve for publicity costs of the Fitness/Wellness Fair. This Bill is Special Order.

BE IT ENACTED by the Executive Council of the University of Colorado Student Union, THAT:

SECTION 1: An amount not to exceed \$282.21 be allocated from Central Reserve to fund advertisements and publicity for the Fitness/Wellness Fair.

SECTION 2:	Two 1/4 page ads, Colorado Daily (92.40 x 2)	\$ 184.80
	One 1/4 page ad, Campus Press (75.00 x 1)	75.00
	Billboard materials (posterboard, markers, etc.)	10.00
	G.A.R.	12.41
	TOTAL	\$ 282.21

4/10/87 - PASSES - EXECUTIVE COUNCIL - SPECIAL ORDER - ACCLAMATION


Dean Miller
President Pro-Tempore
Executive Council


David Aragon
UCSU Executive


Patrice Hauptman
UCSU Executive


John Roberts
UCSU Executive

**** KICK-OFF ** KICK OFF ** KICK OFF ** KICK OFF ** KICK OFF ****

The race is on!

To demonstrate that it is as efficient (and much healthier!) to walk across campus as it is to drive around it, the University Committee on Wellness and Fitness has set up a contest between the foot and the car. On April 30th at 10:30 a.m., two teams of couriers will leave Regent Hall on their way to the Payroll Department in the Armory: one team will travel in a sleek 240z, the other will have only fleetness of foot to power their bodies.

When the couriers arrive in the Payroll Department, they will time stamp their Official Fitness Competition cards and both teams will come to the C.U. Recreation Center for a brief awards ceremony at 11:00 a.m. -- and to be one of the first people to check out the C.U. Fitness and Wellness Fair!

**** EXHIBITS ** EXHIBITS ** EXHIBITS ** EXHIBITS ** EXHIBITS ****

C.U. Recreation Center, Main Gym
April 30, 1987 11:00 a.m.-5:00 p.m.

Information on wellness, safety, fitness, diet and nutrition, demonstrations, and testing of your health and fitness level. Exhibitors include:

Wardenburg Student Health Center
School of Pharmacy
Human Performance Laboratory
C.U. Recreation Center
Employee Assistance Program
Boulder Memorial Hospital
American Red Cross
American Cancer Society
COHBI
Front Range Walkers
Mammography Center
Boulder Medical Center
Environmental Health and Safety
C.U. Housing Department
C.U. Police Dept./Bike Safety Program
Boulder Psychiatric Institute
Benefits Office
C.U. Health Sciences Center
Byerly and Company
Boulder Velo Club
Boulder Community Hospital
Boulder Road Runners
YMCA
Boulder Senior Center
Flatirons Ski Club
Kinesiology Department
American Heart Association
American Lung Association

**** SEMINARS ** SEMINARS ** SEMINARS ** SEMINARS ** SEMINARS ****

All seminars will be held in the C.U. Recreation Center, Main Gym

11:00 - 11:30 LOW IMPACT AEROBICS DEMONSTRATION

Featuring Maggi Belli Ward, Fitness and Dance Instructor
Observers and participants welcome

12:00 - 1:00 PANEL DISCUSSION ON INDIVIDUAL-ORIENTED SPORTS

Featuring:

Rich Castro: President of Boulder Road Runners, running coach and director of C.U. Intramurals
Diane Israel: Triathlete
Toni Jorgensen: Head coach of C.U.'s women's cross-country ski team and ex-collegiate skier
Glen Marshman: Amateur body builder and program director at Pulse Aerobic and Fitness Center
Murial Sharp: Coach of women's 7-11 Bicycle Team, Olympic cyclist

A discussion among athletes, focusing on their successful pursuit of their sport and how you, too, can become involved in these activities.

2:00 - 3:00 NUTRITION THAT FITS YOUR NEEDS

Featuring Colleen Bates, Registered Dietician, Wardenburg

A discussion of nutritional habits that meet your needs, whether you are an athlete, a couch potato or someone in between.

3:15 - 3:45 OFFICE FITNESS - EXERCISES WHILE YOU WORK

Featuring Elaine Downing, Wardenburg Clinical Behavioral Specialist who works with stress management and biofeedback

Demonstration of short relaxation techniques which can be done at your desk, in front of your terminal, while in a meeting, while commuting...

4:00 - 5:00 INCORPORATING A FITNESS PROGRAM INTO YOUR LIFESTYLE

Featuring:

Dr. Art Dickinson, Ph.D., Exercise Physiologist
Dr. Vicky L. Foster, Ph.D., Exercise Physiologist
Andrew L. Pruitt, Certified Athletic Trainer, Director of Western Orthopedic Group

A discussion of the small changes you can make to enhance your fitness, how to get started on a training program and how to become fit and stay healthy.

**** FITNESS FILMS ** FITNESS FILMS ** FITNESS FILMS ** FITNESS FILMS ****

C.U. Recreation Center
Conference Room, Lower Level

Running continuously

Questions? Call Dan Carpenter, ext. 2-4540

At 26 ECR 56