.employee information guide

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www.comanchecollege.edu
Employee Benefits

- Presidential Health and Wellness
- Incentive (30 minutes match time three times per week)
- Increase Work Performance
- Increase Energy Level
- Improve Overall Health Status
- Meet Desired Weight Goals

Healthy Initiative Goals

- Develop and implement a campus culture of health and wellness
- Enhance students' and employees' quality of life through health promotional activities

How can I become a member of the Fit for Life Healthy Campus Initiative?

Prior to participating in any CCC Fit for Life Healthy Campus Initiative's activities, all members must schedule a fitness assessment along with completing and submitting the following documents:

- Informed Consent and Waiver Form
- Physical Readiness Questionnaire
- Medical History Form
- Medical Clearance, if needed
- Fitness and Wellness Awareness Survey

Must be at least eighteen to sign documents above, if not must have parent or guardian's signature to participate.

Please Note: These documents are available at www.coahomacc.edu/fitforlife. Please email Selina Reid, Assistant Athletic Director/Health and Wellness Coordinator at sreid@coahomacc.edu to schedule your fitness assessment. Fitness Assessments will be available on Aug.17 to Sept. 4, 2015 from 7 a.m. - 2 p.m. Please allow about 15 minutes and wear workout clothes and athletic shoes. After Sept. 4, 2015, Fitness Assessments will be available from 8 a.m. - 1 p.m. on Wednesdays and Fridays.

Must complete fitness assessment by Sept. 4, 2015 to be eligible for The 60-Day Tiger Fitness Challenge. Please go to www.coahomacc.edu/fitforlife for more information.

Located in front of the George A. Green Fieldhouse, the fitness trail is open from 6 a.m. until 7 p.m. Five exercise stations (abs, dip/legs, press, row and step) are all located near the CCC softball field inside the Eddie C. Smith Sportsplex.

Cardiovascular Life Machines

- Three 95T Discover Treadmills
- 95X Discover Cross-Trainer
- 95P PowerMill Climber
- 95C Discover Upright Bike
- 95R Discover Recumbent Bike

Muscular Endurance Machines

- Optima Lat Pulldown/Low Row
- Optima Multi Press
- Optima Leg Extension/Curl
- Insignia Seated Leg Press
- Cable Motion Dual Adjustable Pulley

Fitness Boot Camp

- Monday from 7-8 a.m.
- Tuesday from 6-7 a.m.
- Wednesday from 7-8 a.m.
- Thursday from 6-7 a.m. & 6-7 p.m.

Fitness Trainer Hours

- Monday 3:15-4:15 p.m.
- Tuesday 7-8 a.m.
- Wednesday 3:15-4:15 p.m.
- Thursday 6-7 p.m.