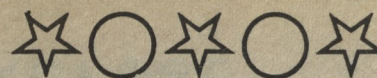


for more information contact
Barb Mullaly-Gym-566-0606

FITNESS FOR YOU



OBJECTIVE:

TO PROVIDE INFORMATION AND OPPORTUNITIES FOR INDIVIDUALS TO IMPROVE THEIR FITNESS LEVELS.

weight machine instruction

HOW TO USE EQUIPMENT? HOW MUCH? WHEN? AND WHAT YOU SHOULD DO? TAILORED TO YOUR LEVEL OF FITNESS



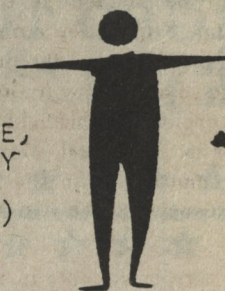
aerobic fitness classes

REGULARLY SCHEDULED INSTRUCTIONAL CLASSES
INDIVIDUAL PROGRESSION
GRADUAL FITNESS IMPROVEMENT



fitness testing

BASIC FITNESS TESTING FOR ENDURANCE, FLEXIBILITY, STRENGTH AND % OF BODY FAT
AVAILABLE BY APPOINTMENT (566-0606)



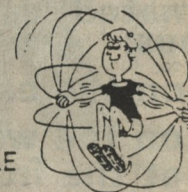
aerobic videos

AVAILABLE IN GYMNASIUM
FIT IT AROUND YOUR SCHEDULE
REGULAR OR LOW IMPACT



weight loss/exercise program

INFORMATION ON VARIOUS TYPES OF EXERCISE AND WEIGHT LOSS PROGRAMS (WALKING, RUNNING, BIKING, WEIGHT WATCHING)
INDIVIDUAL OR GROUP PROGRAMS POSSIBLE
CONTACT THE COORDINATOR (566-0606)



UPEI Health Centre

(Basement of Marion Hall)

Office Hours — 8:30–4:30 Monday to Friday

Whatever your needs we'll be happy to help. A call at 566-0616 for an appointment would be appreciated. Thanks.

Doctors Hours —

Mon. 9:30–12:00 Dr. Tweel
Tues. 1:30–4:00 Dr. MacKenzie
Wed. 9:30–12:00 Dr. Cameron
Thurs. 9:30–12:00 Dr. Cameron
Fri. No Doctor

Sharon Mullin-Zimmermann, RN
Univ. Health Nurse

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GEM



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Chartered Accountants

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Toronto, Ont.

"I considered other firms but I wanted responsibility and a variety of experience early in my career. Doane Raymond offered that."
Craig Wilmot, CA
Truro, N.S.

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Alan Dyck
Vancouver, B.C.

"With Doane Raymond you regularly deal with an organization's decision-makers. These are exciting and educational relationships."
Rick Popel, CA
Winnipeg, Man.

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