

**Class title/program:** Larimer County & Genesis: Wellness Program

**Provider:** Genesis Health Clubs

**Phone:** 970-221-5000

\*Ask for Mariah Bryant (Gym Manager) or Nate Seitz (CrossFit Director)

**Address:** 1800 Health Pkwy. Fort Collins CO 80524

**Instructor Names and Credentials:**

Nate Seitz – CrossFit Program Director (CF-L3)

Mike Reynolds – B.S. Health and Fitness; ACE Certified Personal Trainer; CF—1; TRX certified

Marty Castor – B.S. Exercise Science; M.S. Health & Exercise Science; ACSM Certified Exercise Physiologist

**Exact Dates or Date Range:** 5 months

**Cost:** \$500

**Addressing:**

Weight Management: PFA

Stress management: no

Diabetes or diabetes prevention: Foundations and Comp PT session

High cholesterol/prevention: RBT1 – Nutrition

Tobacco Cessation: no

Hypertension/prevention: RBT1 – Nutrition

Emotional health: no

Chronic Disease Management: Fundamentals

Nutrition/Healthy eating: RBT 2 (Zone/Macros)

**Included for reimbursement:**

- Receipt for membership
- Program overview
- Activity log (attended 75% of program?)
- Participant completed evaluation of assessment

**Program Overview:**

- 1) Complete Results Based Training (RBT) sessions
  - a. Initial weigh in
  - b. body metrics
  - c. food education/consultation
  - d. Equipment/facility education
  - e. Receive and complete RBT packet
- 2) Complete Fundamentals
  - a. Exercise methodology – how it pertains to daily life
  - b. Movement screen
    - i. Functional movement as it pertains to life and job duties
    - ii. Mobility and limitation assessment
- 3) Complete baseline fitness assessment/evaluation:

- a. # of consecutive pushups in 1min
  - b. 1mile run or 2km row
  - c. "Baseline"
    - i. For time:
    - ii. 500m row
    - iii. 40 air squats
    - iv. 30 sit-ups
    - v. 20 pushups
    - vi. 10 pullups
- 4) Participant will at this point have full access to all group classes and gym access to include if desired, unlimited CrossFit classes.
- 5) Participants attendance will be pulled after 5 months of participation.
- 6) In the last week of the participants 5<sup>th</sup> month:
- a. Weight and body metrics assessment
  - b. Baseline fitness assessment/evaluation conducted:
    - i. # of consecutive pushups in 1 min
    - ii. 1mile run or 2km row
    - iii. "Baseline"
      - 1. For time:
      - 2. 500m row
      - 3. 40 air squats
      - 4. 30 sit-ups
      - 5. 20 pushups
      - 6. 10 pullups