MOVE UP PROGRAM
Wednesday, September 7th – Thursday, December 1st, 2022 (No Class the week of November 21st – NMU Thanksgiving Break)

Mission:
Move UP is a community outreach service provided by the school of health and human performance that allows the Marquette and Northern Michigan University communities the opportunity to engage in a variety of exercises at multiple intensities led by our graduate students.

Sessions Format:
Participants can select from sessions that vary from vigorous to low intensity, three days a week for one-hour. Each session will have a warm-up, an extended activity portion designed by our graduate students to address, muscular endurance, aerobic fitness and/or flexibility along with a cool-down. The specific types of exercise sessions will vary throughout the semester providing participants the fun of experiencing multiple types of fitness activities and allowing our graduate students with valuable experience of designing and instructing many different fitness programs. The fitness sessions may include, circuits, boot camp, yoga, walking / running intervals, resistance training, body weight routines, and many others.

Fitness Testing:
In the beginning and ending weeks of the semester, participants will have the opportunity (optional, but included in the cost) to have fitness testing conducted that will include body composition (DEXA), resting heart rate, submaximal VO2 test, flexibility, muscular strength and muscular endurance.

Instruction is aimed at encouraging individuals to develop healthy lifestyles, which includes activities to enhance fitness and relieve stress. The Move UP Program is conducted in the Exercise Science Lab in the Physical Education Instructional Facility (PEIF) on the NMU campus. The Exercise Science Lab is climate controlled and program enrollment is limited to provide individual attention as well as access to equipment. If you have any questions concerning the program, please contact Christy Johnson in the School of Health and Human Performance at christyj@nmu.edu and (906)227-2528.

Program Staff:
Graduate Assistants and Interns in Exercise Science and Health and Fitness Management Program.
Kyle Bolen MA, USAW-SPC, Coordinator

Activity Sessions:
Wednesday, September 7th – Thursday, December 1st, 2022

Choose ONE of three activity sessions on the following days/times:
   Session 1: Monday, Wednesday, Thursday, 6:30 - 7:30 a.m. or
   Session 2: Monday, Wednesday, Thursday, 5:00 - 6:00 p.m.

Note: Sessions may be added or deleted according to enrollment.

Program Fees (There are three program categories):
Exercise Activity Sessions [3 x 1-hour session per week]
Assessment (with interpretation) and Recommendations [Optional, included in program cost]
1. $150 - New Move UP Participants
2. $140 – New Move UP participants who are NMU Faculty/Staff/Students or Spouses or PEIF Members
3. $100 - Returning Move UP (or GetFit) participants who were enrolled during 2020, 2021 or 2022

Note: Locker and towel service is available through the Recreational Sports office, PEIF Suite 126, 227-2519

KEEP THIS PAGE FOR YOUR RECORDS
REGISTRATION FORM

Complete this Registration Form and return it with payment/charge information along with your completed Informed Consent and Medical History Forms to:

Exercise Science Services Laboratory
School of Health and Human Performance, PEIF Suite 201
Northern Michigan University
1401 Presque Isle Avenue
Marquette, Mich. 49855

REGISTRATION

Name: ________________________________________ Gender (circle one): F M

Last First MI

Address: ________________________________________ E-mail*: __________________________

Street City / State / Zip

Home Phone: ______________________ Work Phone: ______________________ Age: ________________

Wednesday, September 7th – Thursday, December 1st, 2022

Please select one of the following sessions (check one):

☐ 6:30-7:30 a.m. Monday, Wednesday and Thursday

☐ 5:00-6:00 p.m. Monday, Wednesday and Thursday

☐ I wish to participate in the beginning and ending program optional fitness testing (no additional cost)

I am including the following payment with this form:

☐ $150 New Move UP Participant

☐ $140 New NMU Move UP Participant
(NMU Faculty/Staff/Student and PEIF Members)

☐ $100 Move UP (or GetFit) Returnee-Enrolled in 2019, 2020 or 2021

Payment options available upon request.

Form of Payment:

☐ Charge to University account NMUIN: _____________

☐ Checks payable to: Northern Michigan University

☐ Credit Card:

Name on Card: ________________________________

☐ Discover ☐ Mastercard ☐ Visa

Card # ________________________________

Expiration Date: ________________ Code _____________

*Communication for the program will be periodically be made through email, please provide an address that you currently use.