

communityfit

FINDING
INSPIRATION
TOGETHER

Program Registration

Western Health Advantage's **communityfit** program is open to everyone in the community. A completed registration form and signed waiver (see reverse) are required to participate. Classes are first come, first serve [limited to 25 participants]. Visit choosewha.com/communityfit for details.

..... I am a WHA member
participant's full name

.....
mailing address

.....
mailing city/state/zip

.....
phone number

.....
email address

.....
employer (if applicable)

How many minutes of moderate physical activity do you get in a typical week?

- Less than 30 minutes 30 minutes to 1 hour 1 hour to 1.5 hours 1.5 to 3 hours More than 3 hours

Do you currently engage in a mindfulness-based practice?

- Yes No I don't know

Do you belong to a fitness center and/or have access to fitness equipment and activities?

- Yes No

To participate in WHA's communityfit program, which park is most convenient for you?

- Cesar Chavez Fremont Crocker

To participate in WHA's communityfit program, which time is most convenient for you?

- Early morning (7 a.m.) Lunchtime (12:15 p.m.) Late afternoon (4:15 p.m.) Other

What types of fitness/wellness classes appeal to you?

- Circuit training Yoga Mindfulness meditation Zumba
 Pilates HIIT (high-intensity interval training) Kickboxing Other



Western Health Advantage

communityfit is a free, community-based fitness program sponsored by Western Health Advantage