Physical Activity

Exercise Workshops – Students, Faculty, & Staff
- Active participation at Nebraska City and East Campus Unions
- Contact Cathy Jewell at 472-4763, or cjewell2@unl.edu, or http://crec.unl.edu for pricing information

Fitness Class – Students, Faculty, & Staff
- Active participation in Residence Hall or Department
- Contact Cathy Jewell at 472-4763, or cjewell2@unl.edu, or http://crec.unl.edu for pricing information

FitNut U – Students Only
- Learn about easy ways to eat better, healthy fast food choices, and easy ways to fit in physical activity.
- Free and available anywhere
  Contact Deb Henderson, UHC Health Education, at 472-3755, or http://health.unl.edu

Intramural Sports – Students Only; Some Faculty & Staff Opportunity
- UNL Intramural Sports provide an opportunity for students, as well as faculty and staff to participate in a variety of sport related activities at differing skill levels. This program also provides opportunities for extramural sports competition and sport officials training.
- Located at the Campus Recreation Center
- Call for pricing
Contact Ron Miller; rmiller3@unl.edu, 472-8383, or http://crec.unl.edu/im

IPC – Students, Faculty, & Staff
- Injury evaluations, stretching, taping, referrals
- Located at Campus Recreation Center and free for Students and Campus Recreation Members
- Contact Robin Whisman at 472-4769, or rwhisman2@unl.edu, or http://crec.unl.edu/ipcare/index.shtml

Lanes ‘N Games Bowling – Students, Faculty, & Staff
- Bowling conveniently located in the Union on East Campus. Special rates for students
- Located in the East Campus Union
- For pricing information, visit http://union.unl.edu/east/services/recreation.php

Mind/Body Class – Students, Faculty, & Staff
- Active participation in Residence Hall or Department
- Contact Cathy Jewell at 472-4763, or cjewell2@unl.edu, or http://crec.unl.edu for pricing information

Outdoor Adventures – Students, Faculty, & Staff
- Backpacking, canoeing, bike touring, and rock climbing trips. Outdoor equipment including tents, backpacks, sleeping bags, cross country skis, canoes and kayaks. Bike shop that includes bike rentals and repairs.
- Located at Campus Recreation Center and fees will vary
Contact Jordan Messerer at 472-4777, or jmesserer2@unl.edu, or http://crec.unl.edu/ipcare/index.shtml

Personal Training – Students, Faculty, & Staff
- Active participation at Nebraska City and East Campus Unions
- Contact Cathy Jewell at 472-4763, or cjewell2@unl.edu, or http://crec.unl.edu for pricing information

Physical Activity Anywhere – Students, Faculty, & Staff
- Workshop provided anywhere with no fee to the UNL Community
- Contact Kimberly Barrett at 472-9480, or kbarrett4@unl.edu, or http://wellness.unl.edu

Physical Activity & Disease Management or Prevention – Students, Faculty, & Staff
- Workshop provided anywhere with no fee to the UNL Community
  Contact Kimberly Barrett at 472-9480, or kbarrett4@unl.edu, or http://wellness.unl.edu

Physical Activity Recommendations – Students, Faculty, & Staff
- Workshop provided anywhere with no fee to the UNL Community
- Contact Kimberly Barrett at 472-9480, or kbarrett4@unl.edu, or http://wellness.unl.edu
Physical Activity at Your Desk – Students, Faculty, & Staff
  ▪ Workshop provided anywhere with no fee to the UNL Community
  ▪ Contact Kimberly Barrett at 472-9480, or kbarrett4@unl.edu, or http://wellness.unl.edu

Physical Therapy
  ▪ Physical therapy offers treatment and rehabilitation for conditions affecting the muscles, bones and joints. A physician's referral is required for service.
  ▪ Located at the University Health Center
  ▪ Call for pricing and appointments, 472-5000

Sport Clubs – Students Only; Some Faculty & Staff Opportunity
  ▪ UNL Sport Clubs are comprised of individuals who have a desire to compete or participate in a sport throughout their college career. Many different sports are offered at varying levels of regional and/or national competition.
  ▪ Located at the Campus Recreation Center
  ▪ Call for pricing
  ▪ Contact Jason Boykin or Amy Lanham, 472-3467, or http://crec.unl.edu/sportclubs/index.shtml
Walking/Pedometer Program – Students, Faculty, & Staff
  ▪ Workshop or walking group available anywhere with no fee to the UNL Community
  ▪ Contact Kimberly Barrett at 472-9480, or kbarrett4@unl.edu, or http://wellness.unl.edu