

## Wellness Center

**About the Fitness Center:** The Program includes a scientifically established curriculum, state-of-the-art aerobic and strength training equipment, two high-tech assessment kiosks.



**Benefits:** The Wellness Center incorporates sophisticated means of data collection, providing conclusive evidence as to the effectiveness of the L.I.F.T. America Program. For example, physical education directors are reporting strength gains of more than 20 percent.

## Frequently Asked Questions:

**Q: Who can use the IHWP fitness center?**

**A:** Any Indian Hill school district resident. Students must be in grade six or higher and be accompanied by an adult age 18 or older.

**Q: What hours will the community be able to workout?**

**A:** During the school year: M-F 5-8pm,  
Summers: M-F 5-8pm.

**Q: What machines are available for use?**

**A:** A circuit workout consisting of 12 nautilus machines and 12 aerobic steps, 2 treadmills, 3 stationary bikes, 1 elliptical machine, and 6 additional nautilus machines.

**Q: Is there a time limit you can workout on each machine?**

**A:** Yes, you can only workout for 2 minutes per nautilus machine in the circuit, and 15 minutes on the aerobic machines when there is someone waiting.

**Q: What is the super circuit?**

**A:** It consists of 12 machines and 12 aerobic steps. It is a scientifically designed full body workout in under 25 minutes.

**Q: Will doing the super circuit make my muscles big and bulky?**

**A:** No, it will tone and strengthen only.

## "Promoting Active Healthy Lifestyles"

### Indian Hill Wellness Program (IHWP) Community Fitness Center Information Guide



## Wellness Program

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## Benefits of an Active Lifestyle:

- Improves the quality of life
- Reduces the risk of developing heart disease
- Reduces the feeling of anxiety and depression
- Helps in weight management
- Improves digestion
- Enhances the immune system
- Increases self confidence and self esteem
- Builds strength
- Tones and firms muscles
- Lowers resting heart rate
- Improves coordination and balance
- Reduces tension and stress
- Improves the quality of sleep
- Increases the lung capacity
- Strengthens the heart
- Improves flexibility
- Slows the aging process
- Improves concentration



## About the Community Use Program

**Mission Statement:** The IHWP strives to provide a first class fitness center which will assist the community in improving their overall health and wellness.

**Location:** The IHWP community fitness center is located in the Middle School cafeteria. You can access the facility by entering at the M.S. south drive. Park in the lot closest to the fitness center.

**Hours of operation:** During the school year the community hours of operation are from 5-8pm M-F, Summers M-F 5-8pm. The fitness center will be closed when school is closed (Spring Break, Holiday break, and the month of July.)

**Who Is Eligible For This Program:** Any Indian Hill School District resident can participate in this program. Children must be at least in the 6th grade to be eligible and accompanied by an adult at least 18 years of age. This program is provided by the I.H. Board of Education at no charge.

**# of Participants Per Session:** Only 25 people will be allowed to sign up per one hour session in order to make sure everyone will be able to get a full workout in, given the time allotted.



## About the Community Use Program (Cont.)

**How Do I sign Up:** Stop in the fitness center during community fitness center hours and see the facility supervisor.

**Supervision:** A facility supervisor will be available to answer any questions and to conduct new participant orientation sessions. Only registered participants will be permitted in the fitness center.

**Required Materials:** Workout clothes: shirt, shorts, socks and shoes are required .

**Restrooms:** Located in the MS gym hallway.

**Changing Areas:** Not available.