

***WANT TO SHED SOME FAT?  
WANT TO TRIM YOUR WAIST?  
WANT TO TONE YOUR BODY?***

**Try the highly successful  
SHAPE UP PROGRAM**

**In just 35 days, lose up to 20 pounds, trim inches off  
your waist, and firm up your muscles!**



Ron Gunn will once again conduct this very successful program that has shaped up 100's of people over the last decade. This 1 credit course will meet on Monday, January 17 and will meet each Monday evening from 5:30 – 7:00 p.m. in the Charles O. Zollar Building, Student Activity Center, Room 813 through February 28. Details of the program are included on the reverse side.

**THIS PROGRAM WORKS!**

**IT UTILIZES THE MOST EFFECTIVE METHODS TO BURN FAT  
AND TO TONE THE BODY. OTHER GREAT BENEFITS INCLUDE:**

- Maintenance of ideal weight
- Increased resistance to fatigue
- Slows aging process
- Improved muscle tone and strength
- Lowers LDL cholesterol
- Fun and enjoyment
- Added energy and zest
- Improved self concept
- The ability to cope with stress
- Appetite control
- Improved cardiovascular system
- Lowered blood pressure
- Stronger bones
- Slower heart rate

THE PROGRAM INCLUDES A FITNESS CENTER MEMBERSHIP ONLY THROUGH THE END OF THE COURSE (REGISTRATION & PROGRAM DETAILS FOLLOW)

## PROGRAM INFORMATION

This program will be limited to 50 students. Participants are encouraged to enroll with a partner. Members of the program will meet each Monday at 5:30 PM in the Charles O. Zollar Building, Student Activity Center, Room 804 on the SMC Dowagiac campus for check in, motivational and instructional lectures, and individualized workout sessions. Each participant will be given a notebook with specific workout and diet guidelines for each of the 35 days. These notebooks will be logged each day by the participant and reviewed at each Monday meeting. *A very important orientation program will be held at the first class on January 17. Students will not be able to start their program without attending this class.*

The program is basically designed for students of any age with sedentary lifestyles who want to lose excess pounds and shape up for spring and summer. The program is individualized and has been proven to be very successful with both men and women. Participants in the program will have access to the entire Student Activity Center, which includes the fitness center, gymnasium, endless pools, rock climbing room, racquetball courts, and group fitness classes. The program will also supply daily menus, workouts, log sheets, recipes, charts, motivational forms, and several physical assessment tests, including an electronic body fat analysis. Even optional photographs for “before and after” photos will be provided.

## QUESTIONS

**Q Do I have to be a runner to participate in this program?**

**A** No, individualized activities such as sport walking, aerobics, treadmill running or walking, racquetball, circuit training, swimming, badminton, cross country skiing, biking, basketball, exercise biking, volleyball, skiing machine, etc. may be used in the daily workouts.

**Q What type of diet is used?**

**A** Tufts University portion diet will be used. It is an excellent, safe diet and you will not go hungry.

**Q Are the program’s claims realistic?**

**A** We guarantee each participants’ complete satisfaction or their registration fee is refunded. To date not one of our 1200 participants have asked for a refund. In fact, many repeat the program.

**Q Will this program benefit me even if I don’t have to lose weight?**

**A** Absolutely. The positive lifestyle changes, including the development of the cardiovascular and muscular system, are very important in “shaping up”.

**Q When do I do the workouts?**

**A** Practically anytime that is convenient for you. The fitness center is open 91.5 hours per week. All workouts do not have to be done at the college.

**Q Will women benefit from this program?**

**A** Most definitely! The type of weight training used in the program will actually make you look much better.

**Q What college facilities are available to me as a participant?**

**A** Registered participants are allowed to use the gym, Fitness Center, racquetball/handball courts, campus trails, endless pools, and climbing room.

**Q May non-traditional students participate?**

**A** Absolutely! The program is adjusted to your age and present conditioning level, even if you haven’t worked out for years. Both the Cybex strength training equipment and the Life Fitness cardio equipment are user friendly and safe.

**CRN: 1799 CPHE 099      1 credit**  
**Mondays, January 17 – February 28, 2011**  
**5:30 – 7:00 p.m.**  
**Additional 3 ½ hours to be arranged.**  
**Charles O. Zollar Building**  
**Student Activity Center, Room 813, Dowagiac campus**

**Instructor: Ron Gunn**

**Course Fee: \$152.50**

**Additional course fee of \$15.00 for a course pack (paid to the bookstore).**

**To register, go to [www.swmich.edu](http://www.swmich.edu) and click on the SMC Wired link and enter your Username and Password. You must have a current application for admission on file to access online registration. For more information, contact Susan Wandel, Coordinator of Continuing Education at 269-782-1283.**