



Get FIT is a 12-week fitness, weight loss and behavior change program run by the experts at FIT. The goal of Get FIT is to help participants improve their fitness, lose body fat and implement health behavior changes that can be maintained for a lifetime.

Get FIT involves three workouts and an optional nutrition seminar with personalized dietary feedback and goal setting. The workouts, which are conducted in Bellmont Hall and offered throughout the day, are a balanced mix between cardiovascular and resistance training. The nutrition portion will include nutrition classes in a classroom setting. If unable to attend classes, all education will be sent via e-mail. Get FIT also includes before and after DXA Body Composition tests allowing each participant to see changes in fat, muscle, and bone.

Get FIT Levels

Get FIT consists of four intensities or levels – Start FIT, Get FIT I, Get FIT I/II Combo, and Get FIT II.

Start FIT

Start FIT is designed for those with physical limitations that require more individualized attention. The class size is limited to 8 participants per class, and the classes are structured to meet the individuals' specific needs.

Get FIT I

Get FIT I is for beginner exercisers, those who are not exercising consistently, or for those who may need a slower, more progressive start to an exercise routine. Most individuals start in Get FIT I. The Get FIT I classes have a set progression. Week 1 begins with instruction and instruction of base exercises such as squats, push-ups, and planks. As the weeks progress, the intensity and complexity of the movements increase.

Get FIT I/II Combo

The Get FIT I/II Combo classes are designed for the individual who would like a bump up in their intensity but not as much as what the Get FIT II classes offer. The Get FIT I/II Combo classes are considered the intermediate leveled classes. Participants who join these classes are required to know how to properly squat, do a push-up, and hold a plank for a minimum of 30 seconds. Just like in Get FIT I, a set progression is used to increase the exercise intensity and complexity of workouts over the 12 weeks of the program, however, the progression happens a little faster than in Get FIT I.

Get FIT II

Get FIT II is designed for those who have graduated from Get FIT I or the Get FIT I/II Combo class or are already physically active and have few, if any, movement impairments or injuries. Get FIT II starts where Get FIT I left off in week 12 in intensity and complexity of exercises. There is no set progression in Get FIT II, and participants are required to know how to do a proper push-up, squat, and hold a plank for 30 seconds or more before they start in this level of Get FIT.

Get FIT Class Description

The exercise portion of Get FIT includes three different types of classes - ½ & ½ day, aerobic day, and weight day. Each of these classes has a different focus and goal.

Half-Half Days are mainly designed as a circuit of stations (~8-12) that are aimed at utilizing more high intensity resistive exercises in an aerobic fashion.

Aerobic-Emphasis Days are designed to focus on moderate - high intensity aerobic movement.

Weight Days are designed to instruct participants on proper weight lifting technique and form with the main goal focusing on muscle building. Participants get one day per week in the weight room.

Get FIT Fitness Test

In addition to tracking your progress with the DXA, you also have the option to measure and track your cardiovascular fitness and muscular endurance and strength by doing the Get FIT Fitness Test at the beginning and end of each Get FIT semester.

The fitness test includes:

- Hand Grip Strength
- Timed Mile
- Max Reps in 1 minute of : Squats, Partial Curl Ups, and Push Ups
- Timed Wall Sit and Plank

These assessments will be done at Clark Field and will be offered at various times. After you have completed your final fitness test during week 12 of the program, FIT will generate a report of your results. You will receive this report via email, in your post DXA appointment, or you can pick up a hard copy by stopping by the Fitness Institute of Texas located in Belmont Hall 966.

FEEL & MOVE BETTER

GETFIT

Lunch n' Learn

Your nutrition will account for 60-80% of your weight loss success.

In order to best assist you in making positive nutrition choices, we offer the following:

- 6 nutrition and behavior change education classes
 - Every time you attend, you get one entry into a drawing for a FREE semester of Get FIT!
 - Each class will be recorded and available to watch at your discretion
- 8 small group nutrition sessions
 - Sign up required
- Nutrition Peer addition
 - Cost=\$50 for the entire Get FIT session
 - Personal nutrition intern to help with accountability, meal prepping, recipe finding, etc.
- Nutrition Listserve Opt-in
 - Let us know if you would like to be added to our Nutrition Listserve and you will receive information about the Lunch n Learns, healthy recipes, newsletters, etc.





Parking for Get FIT

UT Faculty/Staff

Any UT permit may park in the appropriate permitted spaces in front of Belmont after 5:45PM and before 7:30AM.

Non-UT Affiliate

If you are not UT faculty, staff, or student, and need to drive to campus for your Get FIT classes, you have two options for parking...

1. Park in the metered spots on the west side of the stadium

- \$1.00 per 15 minutes, max 2 hours

2. Purchase an E-Permit

- E-mail or call FIT to request a permission form
- Take permission form to Trinity garage to purchase and obtain permit
- E-permit is \$50 for 20 weeks. Permit begins the first day of the program and ends the last day of the mini-session
- See “E Permit parking times and locations at UT” for E permit parking locations and times. You may only use your E-permit for parking during your Get FIT class time.

“E” Permit parking times and locations at UT:

- A Lots/Spaces along San Jacinto Blvd from 21st St south to MLK

-Weekdays 4 p.m.-7:30 a.m.

-Weekends from Friday at 4 p.m. to Monday at 7:30 a.m.

- C Lot 80

-4 p.m.-3 a.m., 5 a.m.-9:30 a.m.

- F Lots/Spaces signed for Class E permits (i.e., F11 spaces on San Jacinto Blvd south of Belmont Hall)

-Weekdays 4 p.m.-7:30 a.m.

-Weekends Friday at 4 p.m. to Monday at 7:30 a.m.

- Longhorn Lots: PRC Lots only

Garages

- Trinity Garage (TRG)

-Weekdays 4:30 a.m.-11:59 p.m.

-Weekends from Friday at 4:30 a.m. to Sunday at 11:59 p.m.

- Brazos (BRG) and Manor (MAG) Garages

-Weekdays 5 a.m.-8:30 a.m. and 4 p.m.-11:59 p.m.

-Weekends from Friday at 4 p.m. to Sunday at 11:59 p.m.

Please note: Possession of an “E” permit and/or garage access card allows an individual to park on a space-available basis in surface lots and parking garages. It does not reserve or guarantee a parking space. Also, please don’t abuse the parking permit and only use for your Get FIT class.

UT Faculty/Staff at West Pickle

Any UT permit may park in the appropriate permitted spaces at West Pickle.

Non-UT Affiliate Parking at West Pickle

Purchase an E-Permit

- E-mail or call FIT to request a permission form
- Take permission form to Trinity garage to purchase and obtain permit
- E-permit is \$50 for 20 weeks. Permit begins the first day of the program and ends the last day of the mini-session
- You may park anywhere at West Pickle Center except the visitor lot (Lot F) on the south side of the building



Additional Classes and Services

Get FIT participants have the option of joining other classes or having other FIT assessments done at a discounted rate. If you are interested in signing up for the add-on Get FIT classes, you can sign up online through TXShop.

If you are interested in making an appointment for any of our other FIT services, please call FIT at 512-471-0081 to schedule your appointment.

Additional Get FIT Classes

YOGA FIT

YOGA FIT offers an all-level well-rounded approach to stretching and yoga. Classes incorporate both active stretching and passive supported yoga poses to provide the perfect balance between getting fit and surrendering into a blissful repose. Basic breathing, meditation and relaxation techniques will also be introduced. A perfect class for those seeking healing through yoga, increased range of motion, functional fitness, and stress relief. Multiple class times available. See TxShop or website.

HIIT FIT

HIIT FIT is a 12-week program designed to get your 75 minutes of recommend vigorous exercise per week. The workouts, which are conducted in Bellmont Hall twice per week, are a balanced mix between cardiovascular, resistance, and plyometric training. These classes will require participants to have no physical limitations and be a consistent exerciser. Get FIT participants have the option to add this on or replace a missed class. Classes are held T/TH from 6:30-7:20am.

Additional Weight Day/Barbell

This add-on class is for those who have shown and demonstrated interest in barbell and strength training and/or for those who would like to add an extra day of weights to their Get FIT schedule. This is an opportunity for participants to develop strength via barbell training or for those who wish to have an additional weight room day using the normal Get FIT cards. **If you are new to Get FIT, we do not recommend that you sign up for this class.** Offered on Tuesday mornings at 6:30am and Tuesday evenings at 5:15pm.

Additional Day

Designed for those who would like to add another day of exercise to their Get FIT routine. For an additional \$75, you may attend a fourth class during the week. This can be an additional weight, ½ and ½, HIIT FIT, YOGA FIT, and aerobic day based off your personal goals.

Additional FIT Services

For a reduced rate of \$70 per assessment, Get FIT participants can schedule any of the following additional FIT services by calling FIT at (512)471-0081.

Aerobic FIT

Aerobic FIT measures VO₂max with a metabolic cart during a treadmill, stationary bike test or rowing ergometer test. The VO₂max results are then compared against normative data for men or women of a similar age. Maximal heart rate and training heart rate zones are also determined. The test is a maximal test for men under 45 years of age and women under 55 years of age who do not have an increased risk for heart disease. Other individuals perform a sub maximal test. Actual exercise time is 8-15 minutes. The full appointment takes about 1.5 hours.

Calorie FIT

Calorie FIT is an estimation of the number of calories that you expend per day and the intake necessary for energy balance, weight loss or lean mass gains. Your resting metabolic rate (RMR) or resting caloric expenditure is measured using the BodyGem. Next, your Physical Activity Caloric Expenditure, the number of calories expended above rest during normal activities and exercise, are estimated using a physical activity recall. Finally, your Total Caloric Expenditure is estimated by adding the RMR and Physical Activity Caloric Expenditure together. Calorie FIT is most useful for individuals trying to lose weight. It helps establish current caloric expenditure and then establish appropriate energy expenditure and intake for weight loss.

Nutrition FIT

Nutrition FIT is a personalized dietary assessment and plan created by a Registered and Licensed Dietitian to fit your lifestyle, goals, and nutrition needs. This consult is 1 hour. Each individual consultation includes:

- Evaluation of your current food intake
- Calorie and nutrient recommendations
- Meal planning and menu development
- Strategies for dietary lifestyle change

Get FIT Personal/Group Training

FIT offers one-on-one and up to four-on-one training with a Get FIT instructor. This is the chance for you to get an extra workout in and get more personalized attention. Depending on time, training can be done in BEL966, BEL608A, or DL8.

1-on-1 = \$70/hr

2-on-1 = \$60/hr

3-on-1 = \$45/hr

4-on-1 = \$30/hr

Muscle FIT

Muscle FIT is designed to analyze muscle performance and movement. These tests will identify muscular strengths, weaknesses, imbalances and tightness. The testing includes:

1. Bench press and leg press to measure upper and lower body strength
2. A vertical jump test to measure muscular power
3. Three core endurance tests: 60° abdominal, back extension and side plank to measure core stability
4. Flexibility tests for the hamstrings and low back
5. A postural screening
6. Functional Movement Screen which includes:
 - a) Deep squat
 - b) Hurdle step
 - c) In-line lunge
 - d) Shoulder mobility
 - e) Rotary stability

After the testing, you will receive an in-depth consultation and suggestions of strengthening and stretching exercises to improve performance and reduce the risk of future injury. Individuals with certain musculoskeletal injuries may not be able to participate in one or more of these exercises.



Get FIT FAQ

What do I get when I sign up for the Get FIT program?

- 3 exercise classes per week – ½ & ½, aerobic, weights
- Pre and Post body composition analysis using the DXA which also includes
 - Caloric intake recommendations
 - Consultation with a FIT staff member with explanation of results and goal setting
- Half-way check-in with a FIT staff member
- Free lockers and showers available upon request
- Nutrition education portion that includes 5 lunch and learn sessions and 3 individual consultations with the FIT Registered Dietitian

What forms and paperwork do I need to fill out and sign before starting the Get FIT classes?

Before you start your Get FIT classes, you must fill out and sign the following paperwork:

- Health Questionnaire
- Exercise Waiver
- Photo Release Form
- Medical Release Form - Must be signed by your physician if classified as moderate to high risk. A FIT staff member can help you determine if this form is needed.

The forms are all included in this orientation packet. Please fill them out and bring them in with you to your pre-DXA appointment. If you are choosing not to do a pre-DXA, please bring these forms in to the Fitness Institute of Texas located in Belmont Hall 966 before your first Get FIT class. If you have any questions, please call the Fitness Institute of Texas at 512-471-0081 or email us at GetFIT@austin.utexas.edu

I don't know what level of Get FIT is right for me. How can I figure out which level to sign up for?

If you are unsure of which level to sign up for, call FIT at 512-471-0081 and speak to a FIT staff member. Our staff members can help you figure out which is the best option.

What if I can't do an exercise in class?

There is always a modification! If you can't do an exercise in your Get FIT class, don't be afraid to ask for another option. Our Get FIT instructors know that each of our participants move differently and have varying abilities. Your instructor can give you another exercise to modify what is prescribed to keep you moving safely and confidently.

What if I miss a class? Can I make it up?

If you have to miss one of your regularly scheduled Get FIT classes, you can make up that missed class by attending another Get FIT class at another time. There are a few rules for class hopping...

- In order to prevent injuries, we do ask that Start FIT participants and **new** Get FIT I participants make up missed classes in another class that is the same level as the class you are registered for. For example, if you are in Get FIT I at 6am, you can make up one of your missed sessions by attending another GFI class at a later time.
- **Veteran** Get FIT I participants may visit other Get FIT I or Get FIT I/II classes.
- Get FIT I/II participants are allowed to make up classes in GFI or GFII.
- Get FIT II participants can float to other leveled classes **EXCEPT** Start FIT.
- You **MUST** attend AT LEAST ONE of the weight room classes at your allotted time before you can make up a weight day in another weight class. Different weight classes use different weight cards so if you haven't been to at least one of your weight room days, you won't know how to do your weight card properly when you join another class.

I need to shower and change after class. Are there lockers and showers available?

Yes. There are free lockers and showers available. The men's locker rooms are on the 9th floor of Belmont Hall – BEL 930 & BEL 950. The women's locker room is on the 10th floor of Belmont Hall – BEL 1004. If you would like a locker, you can request one by emailing Get FIT at getfit@austin.utexas.edu or coming in to FIT (BEL 966), and one of our staff members can assign you a locker and locker combination.

You also have the option to use the free day use lockers and showers on the 3rd floor of Belmont. The women's locker room is BEL 304 and the men's locker room is BEL 332. These lockers and showers are maintained by RecSports. You cannot keep your personal items in the lockers unless you purchase a locker for use from RecSports.

I'm coming from off campus. Where do I park?

If you are attending classes on the main campus, you have a few options for parking.

- E Permit – For an additional \$50, you can purchase an E permit from the Parking and Transportation office in the Trinity Parking Garage. Before you can purchase the E permit, however, you will need to request an E Permit Letter from FIT. You can do this by emailing Get FIT at getfit@austin.utexas.edu or coming in to FIT (BEL 966) and requesting an E permit letter. You will give this letter to whoever is working the office in the Trinity parking garage so that you can purchase the permit.
- Metered Parking – There are parking spots located on the west side of the stadium.
 - \$1.00 per 15 minutes, max 2 hours

How do I make my initial consult and DXA appointment?

To make your initial consult and DXA appointment, please call FIT at 512-471-0081 and a FIT staff member will help you get scheduled.

Can I pay for the program with my UT Flex Account?

If your doctor has recommended a diet and exercise plan for a medical reason (i.e. to lower your blood pressure, to control your diabetes, anemia, etc.) you can use your UT Flex account to pay for Get FIT. You must pay with cash, check or credit card and get reimbursed. Our online store does not accept payflex cards. You must provide signed documentation from your doctor for approval. You can use the Letter of Medical Necessity Form to obtain a signature from your doctor. The form can be found at <http://sites.edb.utexas.edu/fit/get-fit/> under the section titled, "Can I pay for the program with my UT Flex Account?" If you have additional questions, please contact Human Resources (<https://hr.utexas.edu/index.php>).

Where is DL8 or STD 3.202?

DL8 and STD 3.202 are the same room – the weight room, and it can be tricky to find! Below is a link with the YouTube video to show you how to get to DL8 or STD 3.202.

https://www.youtube.com/watch?v=Giame6_KZ1w

What if I don't have an ID or EID? How do I get through the gate for my weight room?

Don't worry if you don't have a UT ID or EID. You can still get through the weight room gate. We have students assigned to the gate for the weight room classes to let participants through. The students will be at the gate 5-10 minutes prior to class and 5 minutes after the class begins to open the gate for those who don't have an ID. If you arrive before or after the student is at the gate, you can follow another Get FIT participant through. If there isn't anyone around to let you through, please call or text your instructor or as a last resort, you can come up to FIT (BEL 966) and see if a FIT staff member is around to let you through.

I have a UT ID but it won't work on the gate to the weight room. What should I do?

We submit everyone's EID for gate access prior to the start of the Get FIT classes. Sometimes the process takes longer than we like. If your UT ID doesn't work at the gate after week 2 or 3 of the program, please email Get FIT at getfit@austin.utexas.edu and let us know. We will resubmit your EID.

If you have an old EID, you may need to reactivate/upgrade. In order to reactivate, please visit the ID center in the Flawn Academic Center (FAC).



Contact Information

Fitness Institute of Texas

2109 San Jacinto

Bellmont Hall 966

Austin, TX 78712

(512)471-0081

FIT@austin.utexas.edu

Get FIT

GetFIT@austin.utexas.edu

Follow us on...

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**The University of Texas
Fitness Institute of Texas
Get FIT Registration and Health Questionnaire**

Name _____
 Date _____ Sex _____ Date of Birth _____
 Address _____
 Phone _____ Email _____
 UTEID _____
 Ethnicity (Please Circle): White Black Asian Hispanic

If Ethnicity is Asian/other, what is country of origin: _____

Please answer the following questions to the best of your knowledge by checking either yes or no. If you do not know the answer to a specific question, put a question mark in one of the spaces.

Section 1:	Yes	No	Unknown
1. Has a doctor ever said that you have a heart condition and recommended only medically supervised physical activity?	_____	_____	_____
2. Do you have chest pain brought on by physical activity?	_____	_____	_____
3. Have you developed chest pain in the last month when not doing physical activity?	_____	_____	_____
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	_____	_____	_____
5. Has a doctor ever recommended medication for your blood pressure or a heart condition?	_____	_____	_____
6. Are you aware, through your own experience, a doctor's advice, or any other physical reason that would prohibit you from engaging in physical activity?	_____	_____	_____
 Section 2:			
7. Do you smoke or have you quit within the last six months?	_____	_____	_____
8. Is your blood cholesterol level >240 mg/dl?	_____	_____	_____
9. Do you have a close relative who has had a heart attack or sudden death before age 55 (father or brother) or age 65 (mother or sister)?	_____	_____	_____
10. Are you diabetic or taking medicine to control blood sugar?	_____	_____	_____
11. Are you physically inactive (less than 30 minutes of physical activity 3 days per week)?	_____	_____	_____
 Section 3:			
12. Have you ever experienced pain or discomfort in the chest, neck, jaw, arm, or other areas of your body that indicate lack of blood flow to the heart?	_____	_____	_____
13. Do you ever experience shortness of breath at rest or with mild physical activity?	_____	_____	_____
14. Do you ever experience shortness of breath while lying flat or wake up in the middle of the night with shortness of breath?	_____	_____	_____
15. Do you currently have swelling of your ankles?	_____	_____	_____
16. Do you ever experience palpitations of your heart or a very rapid heart rate with mild exertion?	_____	_____	_____
17. Do you ever experience unusual fatigue or shortness of breath with usual daily activities?	_____	_____	_____
18. Do you ever experience pain in your legs while exercising that is relieved by rest?	_____	_____	_____

Section 4:

- 19. Do you have a bone or joint problem that could be aggravated by engaging in physical fitness testing? _____
- 20. Are you currently experiencing or have you recently experienced any muscle or joint pain? _____
- 21. Do you now have or have you ever had asthma? _____
- 22. Do you now have or have you ever had:
 - Headaches that are chronic and severe _____
 - Head injury or epilepsy _____
 - Abdominal pain, hernia, or G.I. bleeding _____
 - Kidney problems or discomfort when urinating _____
 - Tendency to bleed or bruise easily _____
 - Anemia _____
 - Lung problems _____
 - Liver problems _____
- 23. Have you been diagnosed by your doctor as having a heart murmur? _____
- 24. Have you donated blood or lost an equivalent amount of blood from injury within the past 2 weeks? _____
- 25. Are you now or have you been pregnant in the last month? _____
- 26. Have you recently been ill or injured? _____
If yes, please describe: _____

- 27. Are you currently taking any physician prescribed medications? _____
- 28. Are you currently taking any over the counter medications? _____
- 29. For females taking the DEXA test:
 - Are you premenopausal _____
- 30. Have you previously been tested at the Fitness Institute of Texas? _____

Section 5:

- 1. How satisfied are you with your current weight/body composition?
 - a. Very satisfied
 - b. Satisfied
 - c. Somewhat satisfied/somewhat dissatisfied
 - d. Dissatisfied
 - e. Very dissatisfied
- 2. If you are not satisfied or very satisfied with your weight/body composition, what would make you satisfied?
 - a. To gain weight and/or muscle
 - b. To lose 5- 10 lbs
 - c. To lose 10 – 15 lbs
 - d. To lose 15-25 lbs
 - e. To lose 25 or more lbs
- 3. How many minutes of moderate to vigorous intensity aerobic exercise do you do each week? (Walking fast, joggin, basketball, water aerobics, bike riding, swimming, tennis, pushing a lawn mower, etc.)
 - a. None
 - b. 0.5 – 1 hour
 - c. 1 – 1.5 hours
 - d. 1.5 – 2.5 hours
 - e. 2.5 – 3.5 hours
 - f. >3.5 hours

4. How many minutes of resistance or weight training type exercise do you do each week?

- a. None
- b. 0.5 – 1 hour
- c. 1 – 1.5 hours
- d. 1.5 – 2.5 hours
- e. 2.5 – 3.5 hours
- f. >3.5 hours

5. How long have you been exercising regularly?

- a. I do not exercise
- b. Less than 3 months
- c. 3 – 6 months
- d. 6 months – 1 year
- e. 1 – 2 years
- f. 2 – 5 years
- g. >5 years

6. What is your primary fitness related goal?

- a. Lose weight/decrease body fat
- b. Gain muscle/strength
- c. Improve cardiovascular fitness
- d. Improve flexibility
- e. Be/stay healthy
- f. Aesthetic reasons
- g. Athletic performance
- h. I do not have a goal

7. Do you have any history of disordered eating?

- a. Yes
- b. No

The University of Texas at Austin
Kinesiology and Health Education Department
Physical Education Division

RELEASE AND INDEMNIFICATION AGREEMENT

MUST BE COMPLETED PRIOR TO PARTICIPATION IN CLASS RELATED ACTIVITIES

(Please Print) Name : _____

UT EID : _____

Description of Activity : Any of FIT Programs

- September 1, 2019 - August 31, 2020

I am the above named participant who is over eighteen years of age and am fully competent to sign this Agreement. In consideration of my participation in the Activity and use of the program's facilities and equipment, I hereby accept all risk to my health and of my injury that may result from my injury or death from such participation. I hereby release the above named institution, its governing board, officers, employees, and representatives from any liability to me, my personal representatives, estate, heirs, next of kin, and assigns for any and all claims and causes of action for loss of or damage to my property and for all illness or injury to my person, including my death, that may result from or occur during my participation in the Activity, whether caused by my negligence of the institution, its governing board, officers, employees, or representatives, or otherwise. I further agree to indemnify and hold harmless the Institution and its governing board, officers, employees, and representatives from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in the described activity.

I have carefully read this agreement and understand it may be a release of all claims and causes of action for my injury or death or damage to my property that occurs while participating in the described activity and it obligates me to indemnify the partners named for any liability for injury or death of any person and damage to property that maybe caused by my negligent or intentional act of omission.

Signature: _____ Date: _____

Allergies _____ Current Medication _____

Other Medical Conditions (Affecting full participation in class activities)



Photo Release Form

Photography & Videotape Policy

Participants may be photographed or videotaped for instructional purposes and future publication. All media becomes the property of the University of Texas at Austin System.

My signature below indicates that I have read and understand the above information.

- Yes**, I give permission
- No**, I do not give permission

Signature

Date