



IPFW

Nutrition & Fitness

Services

Why Meet With a Dietitian or Personal Trainer?

- **Develop Healthy Lifestyle**
- **Weight Loss/Maintenance**
- **Eating Disorder**
- **Stress Management**
- **High Blood Pressure**
- **High Cholesterol**
- **Diabetes**
- **Osteoporosis Prevention**

Free Service to Employees and Students

NUTRITION CONSULTS:

IPFW has two Registered Dietitians on staff for nutrition consultations.

FITNESS CONSULTS:

All students and employee who have a membership to the Sports Center can receive a FREE “getting started” personal training session.

GATES SPORTS CENTER MEMBERSHIP:

FREE to all IPFW students. Special membership rates for IPFW employees, retirees, alumni, and community members.

To make an appointment , please call 481-6647, 481-5758 or e-mail
Tillapau@ipfw.edu

For more information go to www.ipfw.edu/health OR www.ipfw.edu/clinic