

Get well and fit: Center for the Study of Sport and Exercise offers new program

11/20/2006

There's a new option for faculty, staff, students and alumni who want to hike in the mountains, function better at work, manage their weight, recover from an injury or accomplish just about anything else relating to health and fitness. Launched last week, the Wellness and Sport Performance Program is now available to the SU community at a subsidized rate.

"The American lifestyle fosters obesity, hypertension and a host of related mental and physical health problems," says Dan G. Tripps, who directs the Center for the Study of Sport and Exercise (CSSE) in the College of Arts and Sciences. Tripps calls the executive team's decision to subsidize a wellness program for the SU community "a marvelous example of their commitment to the whole person."

The Wellness and Sport Performance Program is a scientifically grounded approach to fitness tailored to each individual participant and including a fitness assessment, an exercise prescription, personal coaching, psychological skills training, nutritional counseling and sport and rehabilitative massage.

The initiative is made possible by a collaboration involving CSSE and the Swedish Center for CardioVascular Wellness, which is where the program will be located, and Technogym USA, which is providing exercise equipment.

The program's benefits will extend beyond the SU community. Technogym USA's leading edge equipment, combined with CSSE's expertise and consultation, will offer Swedish patients more options for preventative and rehabilitative care.

"This affiliation with the Swedish Center and Technogym USA is the first time leaders in medicine and exercise have recognized their synergistic relationship in a programmatic way," says Tripps.

The initiative is also the latest chapter in an ongoing partnership between the CSSE and the Swedish Center. CSSE staff already conduct product research that is helping to

develop exercise equipment for patients at its Human Performance Lab at Swedish, while also advising the center's staff on scientific and personalized exercise programs for preventing and rehabilitating from cardiovascular disease.

The Seattle University Wellness and Sport Performance Program is currently taking appointments. Please contact Claire Ohlsen at 296-5440 to make reservations. The cost is \$75 for faculty and staff, which includes four hours of fitness and exercise assessment options. For more information, please visit [Wellness and Sport Performance](#).