



SCHOOL OF SPORTS AND EXERCISE MEDICINE

Human Performance Laboratory and Fitness Clinic

Shaping Healthy Lifestyles

@ UHAS-SSEM HPL and Fitness Clinic

The UHAS-SSEM HPL and Fitness Clinic brings “the Gown to the Town” within the ambit of the University's mandate of Teaching, Research and Community Service (TRC). At the HPL and Fitness Clinic, our goal is to bridge the gap between health and fitness through the various Fitness programme packages intended to make clients focus on improving more than their body weight, physical looks and carriage.

The Clinic provides one-on-one and small group physical activity programmes, with all sessions tailored to the needs of our clientele to build a strong foundation for Exercise Adherence. The Clinic is programmed beyond burning of calories as it is also a Human performance strength and conditioning optimization centre for needy sportsmen and sportswomen. The Fitness Clinic is primed to manage and rehabilitate sports related injuries.

The Clinic is all-embracing, as bodybuilding, weight management and executive stress management are included in the packed programme of activities.

The Clinic is managed by seasoned fitness instructors. Sport & Exercise Scientists with very high qualifications in Sports Science and Exercise Medicine, and years of practical experience provide support.

The Fitness Clinic is Located at The **CHANCES HOTEL GYMNASIUM**.

SUBSCRIPTION PACKAGES AND FEES (ADULTS)

	PACKAGE/PROGRAMME	MONTHLY FEE (GH¢)
1.	PLATINUM PACKAGE	200.00
	Lifestyle Ailment Management	
	Private Sessions	
	Access to Swimming Pool	
	Nutrition Education	
	Access to All Gym Facilities	
	Executive Stress Management	
	Aerobics Dance	
2.	GOLD PACKAGE	150.00
	Access to Swimming Pool	
	Nutrition Education	
	Access to All Gym Facilities	
	Aerobics Dance	
3.	SILVER PACKAGE	100.00
	Access to All Gym Facilities	
	Aerobics Dance	
4.	HOME BASED FAMILY REGISTRATION & SERVICES	
a.	Family of 4	200.00
	Platinum Services	300.00
	Gold Services	250.00
	Silver Services	200.00
b.	Family of 5 to 8	
	Platinum Services	400.00
	Gold Services	350.00
	Silver Services	300.00
	<i>NB: Any additional family member after will attract extra registration charges</i>	



AVAILABLE SERVICES

1. Pre-exercise Anthropometric Evaluation
2. Exercise Stress Test
3. Executive Stress Test and Management
4. Nutritional Education and Dietary Plan
5. Hydro Exercises
6. Home Based Geriatric Management Exercise
7. Insomnia Management with Exercise

FACILITIES AND EQUIPMENT

- Treadmill
- Cycle Ergometer
- Weight Stations
- Swimming Pool
- Sauna
- Dumb Bells
- Bench Steps
- Spirometer
- Dynamometers
- Skinfold Callipers
- Dietary Prescription and Counsel Unit

THE FITNESS CLINIC IS OPEN TO:

- UHAS Community
- HTU Community
- Bank Workers
- Women's Groups
- Government Functionaries
- Kids (4 to 12 years)
- Sports Men and Women
- Body Builders
- Conference/Retreat/Festival Participants
- Alumni Groups
- General Public
- Referrals from Clinics and Health Centers with conditions like
 - i. Controlled high blood pressure
 - ii. Diabetes
 - iii. Pregnant women (pre- and post-partum)
 - iv. Musculo-skeletal related conditions like
 - a. Osteoarthritis
 - b. Muscle Strain
 - c. Ligament Sprains
 - d. Joint Stiffness
- Management of burnout syndrome and nervous break-down related ailments

REGULAR OPENING HOURS

Days		
Wednesdays	4:00a.m. - 9:00a.m	4:00p.m. - 8:00p.m.
Thursdays	4:00a.m. - 9:00a.m	4:00p.m. - 8:00p.m.
Fridays	4:00a.m. - 9:00a.m	4:00p.m. - 8:00p.m.
Saturdays	4:00a.m. - 5:00p.m.	

Special services to be rendered on Tuesdays and Sundays at some extra cost to interested clients

REGISTER NOW at the Clinic or by contacting **Esther** on 024 045 1733 for advice and payable fees for package of choice.

FOR FURTHER DETAILS, CALL:

Charity: 055 600 3194, 020 840 0260, 020 038 2123

Selor: 024 416 8949

