UC WorkStrong:
Fitness & Post Rehabilitation Training

Fitness
Your participation in UC’s WorkStrong program includes a complimentary 6-month membership to the Student Recreation Center, where our Certified Personal Trainers are equipped with the knowledge and resources to help you improve your fitness. Our trainers are certified through nationally accredited personal training organizations and have several years of experience in the field.

We will match you with a trainer who will give you the one-on-one attention you need. He or she will design a program that is unique to your goals and abilities, such as strengthening exercises to develop muscles you use in and outside of work. You will be provided with specific exercises designed to help you move more efficiently. This does not always mean that you have to go out and run—it may mean that you get up and dance!

Post Rehabilitation
In addition to improving your overall health and fitness, we may be able to help you recover from prior injuries. These injuries may lead to more severe aches and pains later (not to mention costs!), especially if rehabilitation is not a priority.

Your trainer will personalize a program just for you.