

Kinesiology Student Counselling Sessions

**Sign-up for FREE
virtual or in-person/on-campus sessions
with a Kinesiology Student for Winter 2022**



The Kinesiology program is excited to announce exercise & lifestyle counselling sessions for UofGH staff and faculty with 3rd year Kinesiology students at the University of Guelph-Humber.

What is in it for you?

Free weekly sessions*, may include;

- Exercise programming
- Virtual or in-person personal training
- Physical activity guidelines
- Introduction to exercise for beginners
- Healthy lifestyle suggestions
- Health and wellness counselling
- General nutrition advice
- Accountability

Initial Consultation / Initial Assessment
8x Exercise & Lifestyle Counselling sessions
Final Assessment / Final Consultation

*That equals 14 hours dedicated to your
health & wellness!*

What we ask of you?

- Time commitment: 1 weekly session/1 hr each (14 hours total)
- Complete an electronic student evaluation at the end of the semester

CLICK HERE to Join us for Winter 2022 Free Sessions!



*Availability depends on student course enrollment. Registration does not guarantee a trainer for the semester. Wait listed participants will be notified.