

VIDA SANA MOVEMENT

Please complete the following section in full. Missing information may create processing delays.

(Email address is for Vida Sana programming use only)

Date ____/____/____

Name _____ Birthday ____/____/____ Gender ☐ Male ☐ Female

Address _____ City _____ Zip Code _____

Phone Number _____ Email _____

Household Size _____ people Monthly Household Income: \$_____ per month

Race/ Ethnicity: ☐ American Indian/Alaska Native ☐ Asian ☐ Black/African American ☐ Hispanic/ Latino

☐ Native Hawaiian/ Pacific Islander ☐ White ☐ Other _____

Do you regularly participate in city programs or utilize the facilities at Northside? ☐ Yes ☐ No

Are you interested in working with a Vida Sana Personal Trainer? ☐ Yes ☐ No

What are some problems/barriers you've experienced in accessing healthy foods? (Check all that apply)

☐ Lack of Transportation ☐ Scheduling ☐ Distance to Store ☐ Affordability/Cost

☐ Lack of Time to Shop ☐ Lack of Time to Cook ☐ Access to a Place to Cook Food

☐ Special health/dietary needs (ie. Food Allergies, Diabetes, etc.) ☐ Other _____

How many cups of fruits and vegetables do you eat per day on average? _____ Vegetables _____ Fruits

Where do you currently get most of your fruits and vegetables that you and/or your family eat? (Check all that apply)

☐ Grocery Store ☐ Garden ☐ Food Bank ☐ Farmer's Markets

☐ Charity Organizations (Rescue Mission, Catholic Charities, etc.) ☐ Other _____

What are some problems/barriers you've experienced in accessing/ engaging in physical activity? (Check all that apply)

☐ Lack of Transportation ☐ Scheduling ☐ Distance to Gym ☐ Affordability/Cost of Membership

☐ Lack of Time to Exercise ☐ Child Care Needs ☐ Illness or Other Health Related Issues

☐ Other _____

How many **hours per week** do you currently engage in physical activity on average? _____ hours

Have you ever been **tested** for any of the following? (Check all that apply)

☐ Diabetes ☐ Heart Disease ☐ Hypertension ☐ Never Been Tested

Have you ever been **diagnosed** with any of the following? (Check all that apply)

☐ Diabetes ☐ Heart Disease ☐ Hypertension ☐ Other _____ ☐ None

Weight _____ lbs Height: ____ ft ____ in Do you have health insurance? ☐ Yes ☐ No

Please indicate if you live in one of the following communities:

☐ Alta Vista ☐ Andersonville ☐ Buckingham ☐ Coachlight Plaza Apartments
☐ Hickory Mobile Home Park ☐ Lago Vista Mobile Home Park ☐ Poudre Valley Mobile Home Park ☐ None of these

If you do live in one of these, have you connected with the Vida Sana Promotora from that community? ☐ Yes ☐ No

(A Promotora is a person who can assist with connecting you to other healthy programs)

If not, would you like to be contacted? ☐ Yes ☐ No

OFFICE USE ONLY

PC: _____ SS: _____ PT: _____



VIDA SANA MOVEMENT

Vida Sana is a call for collaboration to unite for the health equity and well-being of the people of Fort Collins. Vida Sana is a health movement desiring to bring communities together to assert their voices for the changes the community needs and wants in order to improve their own health.

DISCOUNT PASS GUIDELINES:

This discount pass is for participants ages 12 years and older to have the opportunity to get moving! The Vida Sana discount pass can be used for group-based class registration, such as Zumba. It **cannot** be used for free drop-in at any of the city recreation facilities for access to the gym, walking track, cardio and weight equipment. A variety of additional programs and services are coordinated through the Vida Sana Program and are available with price reduction to active discount pass holders. These programs include free educational events and opportunities related to health, exercise, nutrition, etc.

ADDITIONAL CITY ACCOMODATIONS FOR VIDA SANA DISCOUNT PASS HOLDERS:

To support the Vida Sana program and promote physical activity in the Fort Collins Community, the City of Fort Collins will provide a reduced recreation drop-in fee for active Vida Sana Discount Pass holders to the Northside Facility at \$1.00/visit/person. This \$1.00 drop-in fee allows for recreational use only. The Vida Sana Discount Pass & reduced Drop in Rate may still be revoked by the City if being misused according to the Terms and Conditions below.

TO BE APPROVED:

A completed application and a Fitness Assessment are required in order to be accepted into the Vida Sana program. Applications are approved based on an income review. Only applicants that have an income at 250% of the poverty line or below may be considered for the Vida Sana Discount Pass.

Please drop this application off at the Customer Service desk at Northside Aztlan Community Center and register for a Fitness Assessment. Upon submission of your application and successful completion of the Fitness Assessment your application will be reviewed. Upon approval you will be notified via email (if provided) and you will be able to get your Vida Sana Discount Pass at the front desk of the Northside Aztlan Community Center.

The Vida Sana pass can only be used at the Northside Aztlan Center, 112 Willow Street.
For questions or comments, call the Vida Sana Coordinator, at 970.221.6652.

TERMS AND CONDITIONS:

In applying for this pass, you agree to the following Terms and Conditions:

The Vida Sana pass **can and will be revoked** for any of the following reasons:

- Using the pass primarily for anything other than exercise (Including: Showering, Spectating, etc.)
- Misusing or abusing the facility equipment
- Loitering in the facility
- Disruptive or inappropriate behavior in the facility, towards facility patrons, or staff
- Drugs and Alcohol are not allowed in the facility. Being intoxicated or under the influence in any way will not be tolerated.

By signing below, you declare that you have read and agree with the above-stated Terms and Conditions:

Signature: _____

Today's Date: ____/____/____

Name (Please Print): _____