



2015 Vida Sana Program REVISION

EFFECTIVE: January 1st, 2015

Vida Sana Participants,

Through the efforts of Vida Sana and the City of Fort Collins Recreation Division, **over 4000 people** have been provided access to beneficial recreational resources. We thank you very much for your support and participation over the past 2 ½ years and look forward to continuing the program with you as an active participant.

Vida Sana's 3 year grant term comes to a close in 2015. The University of Colorado Health (UC Health) and CanDo (Coalition for Activity and Nutrition to Defeat Obesity) recently applied for a new 3 year grant to continue the program from July 1, 2015 through July 1, 2017. UC Health and CanDo are determined to provide quality programs for Vida Sana participants by revising the Vida Sana application process and the provided activities to ensure a lifelong impact on health and fitness. These revisions will positively affect the participants and strengthen the value of the program, leading to the sustainability of Vida Sana. In preparation of the renewal of the grant application, a number of quality revisions have been established and will be implemented as follows:

1.) Application Process Revisions

Before December 31, 2014 - Required Fitness Assessment

- a. All **current** Vida Sana pass holders will be required to complete a Fitness Assessment in order for their pass to remain valid after December 31st, 2014 and into the New Year 2015. Vida Sana passes will be cancelled for pass holders who do not complete a Fitness Assessment before December 31, 2014.

Beginning January 1, 2015 – Reapplication & Required Fitness Assessment

- b. **Re-application** – All **previous** Vida Sana pass holders who wish to remain a Vida Sana participant and did not complete the Fitness Assessment before December 31, 2014 may re-apply for a new valid Vida Sana pass.
 - c. **Required Fitness Assessment** -Fitness Assessments will be a required addition to the Vida Sana application process. All **new** applicants and returning applicants will be required to complete a Fitness Assessment before their application can be approved and processed.
- **What is a Fitness Assessment?** A trained assessor will measure your individual fitness levels based on the 5 components of Fitness: endurance, strength, flexibility, cardiovascular & body composition.
 - **Why a Fitness Assessment?** Fitness assessment results will NOT affect Vida Sana pass approval. Assessments will be required to assist in collecting baseline data on all participants in order to accurately measure the impact our program is providing to participants' overall fitness levels. Follow-up Fitness Assessments will be required throughout the year to provide comparisons. This data is crucial to UC Health for the sustainability and to determine the long-term impact of the program.

2.) Provided Activity Revisions

Beginning January 1, 2015 - Personal Training Sessions

- a. Personal training sessions will now only be available for 30 minute sessions, instead of 60 minutes. This revision will allow for more sessions to be offered to more participants, and meet the increased demand for training sessions.

Beginning July 1, 2015 – Drop-In Passes

- b. Free drop-in passes will transition to focus on free enrollment in group-based scheduled programming, such as Zumba, and will no longer be available for the weight room, gym & walking track use. The City will be able to offer additional discounts for drop-in use to Vida Sana pass holders. City Reduced Fee applications are also available for discount for fitness class enrollment and drop-in use at all facilities.

For questions or concerns regarding future revisions, please contact:

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