

# 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): \_\_\_\_\_