

Kick Start Program System Guidelines and Procedures

1. Participant will register at Freedom Fighters Sports and Fitness Center located at 7037 Lifeline Drive or call Wilma Guerra at (270) 798-7355. The following forms will be filled out by the participant:
 - a. Registration/Consent Form
 - b. Medical Consideration Form
 - c. Health History Form
 - d. Physician Referral and Release Form. (If participant is over 40 years, history of heart disease, elevated blood pressure, orthopedic or musculoskeletal problems or other high risk problems).
2. Once accepted into program each participant will schedule a fitness assessment to ensure a safe and enjoyable fitness program. This test will be conducted at the end of the program to compare data to ensure if program was effective and ensure accountability.
3. Participant will be assigned in to a group exercise program to conduct the physical phase of the program. The group concept is to ensure individual and group safety, motivate/support members of the group, and enhance social interaction. This also will allow a qualified trainer to be on hand for fitness information, proper technique and answer any questions the group may have. The fitness phase of the program will be conducted on Monday, Wednesday and Friday from 900 – 1000 a.m.
4. Education classes will be conducted on Thursdays at D.W. Recreation Center from 900 – 1100 a.m. Classes will include:
 - a. Principles of Fitness
 - b. Weight Resistance Training
 - c. Stretching
 - d. Nutrition and Commissary Walk-Thru
 - e. Proper shoes for fitness and sports training
 - f. Stress Management
5. At the end of the program all results will be analyzed to determine the individual's success, program effectiveness, and accountability.