

# CENTER FOR HEALTHY LIVING

**Andrea Swett, Director**  
**Student Life Center**  
**402-559-5254**  
[www.unmc.edu/cfhl](http://www.unmc.edu/cfhl)

The Center for Healthy Living (CFHL) is a facility used as a stress relieving and leisure activity outlet by providing fitness and wellness services to UNMC students, faculty, staff, volunteers, alumni and the surrounding community.

## Level 1

- Two activity courts (for basketball, volleyball, badminton, pickleball and futsal)
- An indoor walking/running track 12 laps = 1 mile
- Plyometric workout area includes stationary bikes, dumbbells, a heavy bag and plyometric equipment (plyo boxes, jump ropes, etc.)
- Three fitness studios that offer Fitness on Demand video access and are used for instructor-led fitness classes
- Spa quality men's and women's locker rooms
- Commons area with three table tennis tables

## Level 2 (main floor)

The cardio area offers over 44 machines, including:

- Treadmills
- Elliptical trainers
- Step machines
- Rowing machine
- Versa climber
- Espresso bicycles
- Stationery and recumbent bicycles

The Thomas M. Heiser Strength & Fitness Facility features:

- 17 weight stack machines
- Free weight area
- Power racks with benches
- Cable equipment
- Smith Machine
- Dumbbells ranging from three to 150 lbs.
- Power lifting platform
- Stretching and abdominal stations

Center for Healthy Living memberships include use of all facilities and the following services:

- Shower Towels
- Instructor-led fitness classes
- Fitness assessments
- Personalized exercise program designs
- Equipment orientation
- Daily-use lockers

## Additional Offerings

Intramural leagues offer a wide variety of team activities, which include basketball, volleyball, soccer, broomball, curling, golf, futsal, sand volleyball and softball. These are available for a nominal additional fee (you do not need to be a member of the CFHL to participate in intramural leagues).

Student-sponsored (for spouses or friends) and community memberships are available for an additional fee.

The center has outdoor activity games that may be checked out for use by students and employees

- 2 Cornhole Sets (each set has 2 boxes & 8 beanbags)
- 2 Ladderball Sets (each set has 2 ladders, 6 ropes)
- 2 Bocce Sets (each set has 8 bocce balls, 1 "pallino", and 1 perimeter marking rope)
- 1 Spikeball Set (each set has 1 Spikeball net, 2 balls)
- 1 KanJam Set (each set has 2 cans, 1 frisbee)
- 1 Yard Darts Set (each set has 2 targets, 8 darts)
- Rule book for outdoor games
- Frisbees
- Footballs
- Soccer balls
- Kickballs
- Low-profile rubber bases (for kickball & softball)
- Two Cornhole sets (two boxes, eight beanbags)
- One Spikeball set (one net, three balls)
- One KanJam set (two "kans" & frisbee)
- Two Ladderball sets (four ladders, 12 ropes)
- Three Bocce sets (24 bocce balls, three pallinos, two perimeter marking ropes/stakes)
- Frisbees
- Pickleball equipment can be loaned out for use on the courts located on the ice rink.

The CFHL also offers a Wellness Day to colleges and departments. They may reserve our facilities for a time of fun and bonding with co-workers with any activity we offer.

## Hours

Monday - Thursday: 5:30 a.m. to 9:00 p.m.

Friday: 5:30 a.m. to 7:00 p.m.

Saturday - Sunday: 9:00 a.m. to 5:00 p.m.

We are closed (or close early) on some major holidays or due to severe weather. Please visit our website (<https://mcas-proxyweb.mcas.ms/certificate-checker/?login=false&originalUrl=https%3A%2F%2Fwww.unmc.edu.mcas.ms%2Fcfhl%2Fmembership%2Fhours.html%3FMcasTsid%3D15600&McasCSRF=89b0355636595219cfd4230e6881405ac30e9671a52a6d73>) call 402-559-5254 for these occasional closings and general information.

We are also on Facebook (<https://mcas-proxyweb.mcas.ms/certificate-checker/?login=false&originalUrl=https%3A%2F%2Fcatalog.unmc.edu.mcas.ms%2Fgeneral-information%2Fcampus-services%2Fcenter-healthy-living%2Ffacebook.com%2Funmccfhl%3FMcasTsid%3D15600&McasCSRF=89b0355636595219cfd4230e6881405ac30e9671a52a6d73>)

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