

**Health and Wellness Committee
First Year Studies
Troy Campus**

Members:

Shane Tatum, Student Activities (Chair)
Dean Eleanor Lee, First-Year Studies
Carrie Lee Gardner, Nursing
Dr. Candice Howard-Shaugnessy, Health and Human Services
Mr. Richard Shaugnessey, Athletics
3 Community Directors, Housing TBA
Derrick Brewster, Student Involvement
Fran Scheel, Student Services
Kareta Purnell, Sodexo
SGA President

Below is a break down of the past 2007 – 2008 academic year activities that were sponsored by the Health and Wellness Committee:

The Health and Wellness Committee made great strides during the Fall and Spring semester with organizing and implementing Health and Wellness concepts by engaging resident hall students, especially first-year, in a program of exercise and wellness plus assessing their progress. Below is a list of activities that were implemented during the fall and spring semester:

- The semester activities started on September 17th with RHA putting on a speaker from the organization “Steps for a Healthier Alabama” at Crosby Theater. There was an estimated 300 students that attended the activity.
- The committee also started a Health and Wellness calendar that was produced monthly that outline activities that were going on through out the semester as it pertains to Health and Wellness.
- The Trojan Fitness Center was renovated and supplied with 23 new cardio equipment and 38 new strength equipment to be available to the student body. The hours were adjusted to meet the demand on usages from 10:00 PM to 11:00 PM.
- Student Activities hired a personnel trainer to work down at the fitness center to be available for one on one instruction with organizing a fitness program that meets student’s individual needs. At the end of the fall and spring semester we had 123 individuals working with this individual. The 123 students were comprised of 27 were freshmen women, 15 were on campus residents, 44 were upper classmen men and women that lived on campus and 37 were students that did not live on campus.
- The Committee created a slogan to spark conversation about Health and Wellness. The slogan that was decided was “Stay Healthy, Learn More, Live Longer”.

- The Committee hosted a Health and Wellness week starting January, 14th and ending January 17th. The event was called “Kicking the New Year off Right – Health and Wellness Style”. The week’s activities included the following:

Kicking of the New Year Right

“Health and Wellness Style”

January 14th – January 17th

Monday, January 14, 2008 – SGA Activity – Supply Information
“Negative Affects of Smoking”
Trojan Center Food Court
12:00 PM – 2:00 PM

Total number participated: 35 residents, 6 freshman 101 students (41)

Tuesday, January 15, 2008 – Student Activities – Give a ways and Information on Fitness
“Fitness Day”
Trojan Fitness
9:00 AM – 3:00 PM

Total number participated: 70 individuals

Wednesday, January 16, 2008 – Sodexo Dinning – Supply Healthy Menu
“Healthy Eating Day”
Stewart Dinning
All Day

Total number participated: increase of 200 individuals

Thursday, January 17, 2008 – Health and Wellness Committee - Browse Session
“Health and Wellness Information”
Student Lounge in Trojan Center
11:00 AM – 1:00 PM

Claudia Crosby
Health and Wellness Information
Speaker
7:00 PM – 9:00 PM

Total number participated: 150 at the browse session and 150 at the speaker

We used the week as a competition between resident hall floors to see who can have the most individuals attend each activity, with the winning floor receiving a t-shirt and water bottle with the Health and Wellness slogan on it.

- The Committee held a Health and Wellness Fair on April 6, 2008 in the Trojan Center ballrooms from 10:00 AM – 1:00 PM. The fair had individuals

from the University and community to offer Health and Wellness information to the student body. We partner with Troy Regional Medical Center.

We had a total of 200 participants attend the Health Fair

The committee has made great strides, but we still have some work to do. In the fall we will be busy implementing more activities to reach resident hall students, especially first-year, in a program of exercise and wellness. A program in place to track their Health and Wellness progress through out the semester.

The program “Mind and Body—It’s a Lifestyle” – **This is not the slogan for the committee our slogan is “Stay Healthy, Learn More, Live Longer”.**