

Campus Wellness Committee Annual Report September 1, 2023 – August 31, 2024

Goals:

Goal/Metric	Accomplished	In Progress	Not Accomplished
<p>Aspiration: Contribute to faculty & staff wellness initiatives through coordinated and direct programming and outreach.</p> <p>Coordinate RooFit program for UA faculty and staff during Spring Semester 24'. Program will use existing, and improved upon, policies to incorporate as many dimensions of wellness as possible. The Recreation and Wellness Committee has a goal of enrolling 150+ participants into the program, which would improve upon the 2023 participation numbers by approximately 25 individuals.</p>	YES!		
<p>Contribute to the advancement of wellness initiatives across campus(es) for UA faculty and staff.</p> <p>Assist in promotion of various wellness initiatives across campus(es) that contribute to betterment of UA faculty and staff; educational opportunities, programming & events.</p>	YES		

What were your top two successes?

1. The 2024 ROOFIT wellness program was a great success this year. It felt like a bit of a rebound year, with participants accumulating points in the traditional ways (physical activity, water-consumption, fruit & vegetable consumption, and self-care) & thru a myriad of bonus point activities hosted on campus & in the community. In total, 150 participants, representing 34 teams, accumulated 45,788 worth of points throughout the program!

2. In looking to advance additional wellness activities on campus, we partnered with Kent State University Recreation Program to host the “Crosstown Throwdown Move Challenge!” The goal was to track any physical activity & convert it into “steps.” The campus with the most steps at the end of the challenge was declared the winning campus, with a special message delivered during the UA vs KSU Men’s Basketball game. KSU accumulated the most overall steps, but UA had the individual point champion in Dr. John Messina!

What were your top two challenges?

1. Sustained participation from all constituency groups
2. Coordinating marketing initiatives from departments that work exclusive of each other.

Please list the dates of your meetings:

2023: 15 - September, 20 - October, 15 - December

2024: 18 – January, 16 – February, 15 – March, 19 – April, 21 – June, 19 – July, 16 - August

Please submit the report to Heather Loughney (hl@uakron.edu) by September 18, 2024.