



University Council

**Recreation & Wellness Committee / Campus Wellness Committee
Goals for the UC year ending August 31, 2023**

Chair: Kristine Kraft **Officer Term:** _____

Vice Chair: Judy Juvancic-Heltzel **Officer Term:** _____

Secretary: Nick Weber **Officer Term:** _____

Note: One or two goals is standard for each year.

Goal	Priority Number	How Will Goal Be Measured?
<p>Aspiration: Contribute to faculty & staff wellness initiatives through coordinated and direct programming and outreach.</p> <p>AKR 22'-23': Coordinate RooFit program for UA faculty and staff during Spring Semester 23'. 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 200 participants this year, which would be a roughly 20% increase in participation.</p>	1	<ol style="list-style-type: none"> 1. Overall Number of participants enrolled in the program <ol style="list-style-type: none"> a. Improved registration goal, by creating new divisions, that participants can self-enroll into b. Incorporating new "bonus-points" for participants to earn. This will allow participants to utilize multiple wellness options for earning scaled points. 2. Through a coordinated RooFit Kick-Off event that will double as a Health Fair. The event will feature UA Departments that contribute to employee wellness, allowing interaction and communication directly to participants.
<p>Aspiration: Contribute to the advancement of wellness initiatives across campus(es) for UA faculty and staff.</p> <p>AKR 22/-23': Assist in promotion of various wellness initiatives across campus(es) that contribute to betterment of UA faculty and staff; educational opportunities, programming & events.</p>	2	<ol style="list-style-type: none"> 1. Via participation by interested UA faculty and staff. <ol style="list-style-type: none"> a. Opportunities can be educationally based; participation in Run-Hide-Fight program, Mental Health First Aid training, QPR (question-persuade-refer) training b. Opportunities can be programmatically based; participation in themed monthly offerings by various campus departments; ie: awareness weeks c. Opportunities can be event based; participation in Wellness Fair