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Improvements to Physical Activity at the University of Dayton

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Improving Physical Activity for UD Students

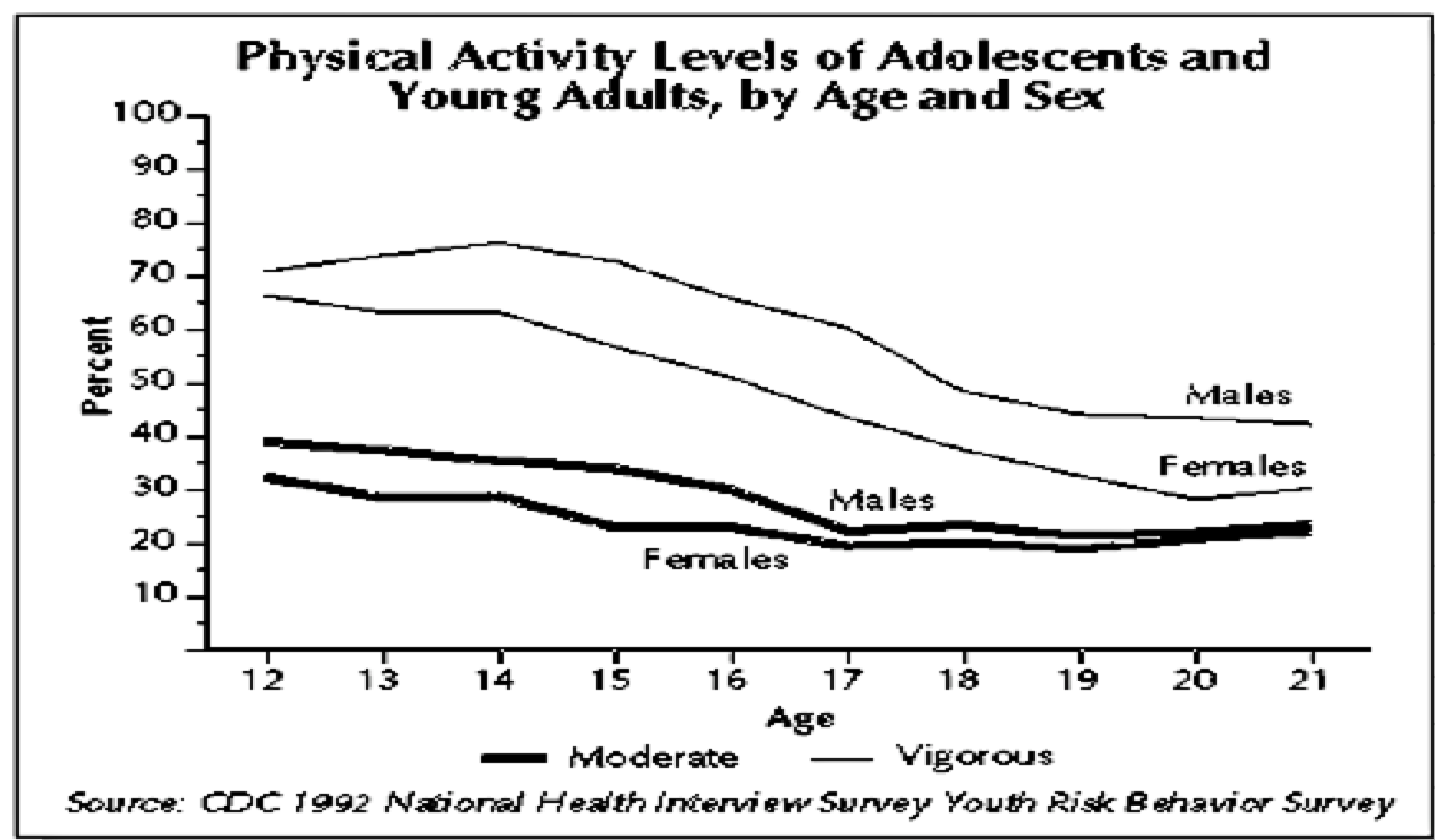
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ENG 373

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Why Is This a Growing Health Concern

- Only 38% of college students participate in regular vigorous activity
- Only 20% of college students participate in regular modern activity
- Approximately 25% of U.S. adults are not active in any way



CDC National Health Interview Survey <https://www.cdc.gov/nccdphp/sgr/adoles.htm>

Benefits of Exercise

- Reduces the risk of Cardiovascular Disease, Type 2 Diabetes, and certain cancers
- Helps with weight control
- Mood enhancement
- Preventing anxiety
- Positive impact on depression
- Releases stress

Resources Available at UD

- **The RecPlex-** 1/8th mile track, free weights, cardio machines, aquatic center, and members can rent bikes for free
- **Club sports/intramurals-** 36 club sports
- **Personal Trainers-** for guidance and help to create a workout regimen
- **Outdoor Engagement Center-** outdoor activities including: rock climbing, kayaking, hiking, and camping
- **6 Link Bike Stations-** located conveniently throughout campus, anyone can rent a bike for \$5 plus \$3 rate every 30 minutes



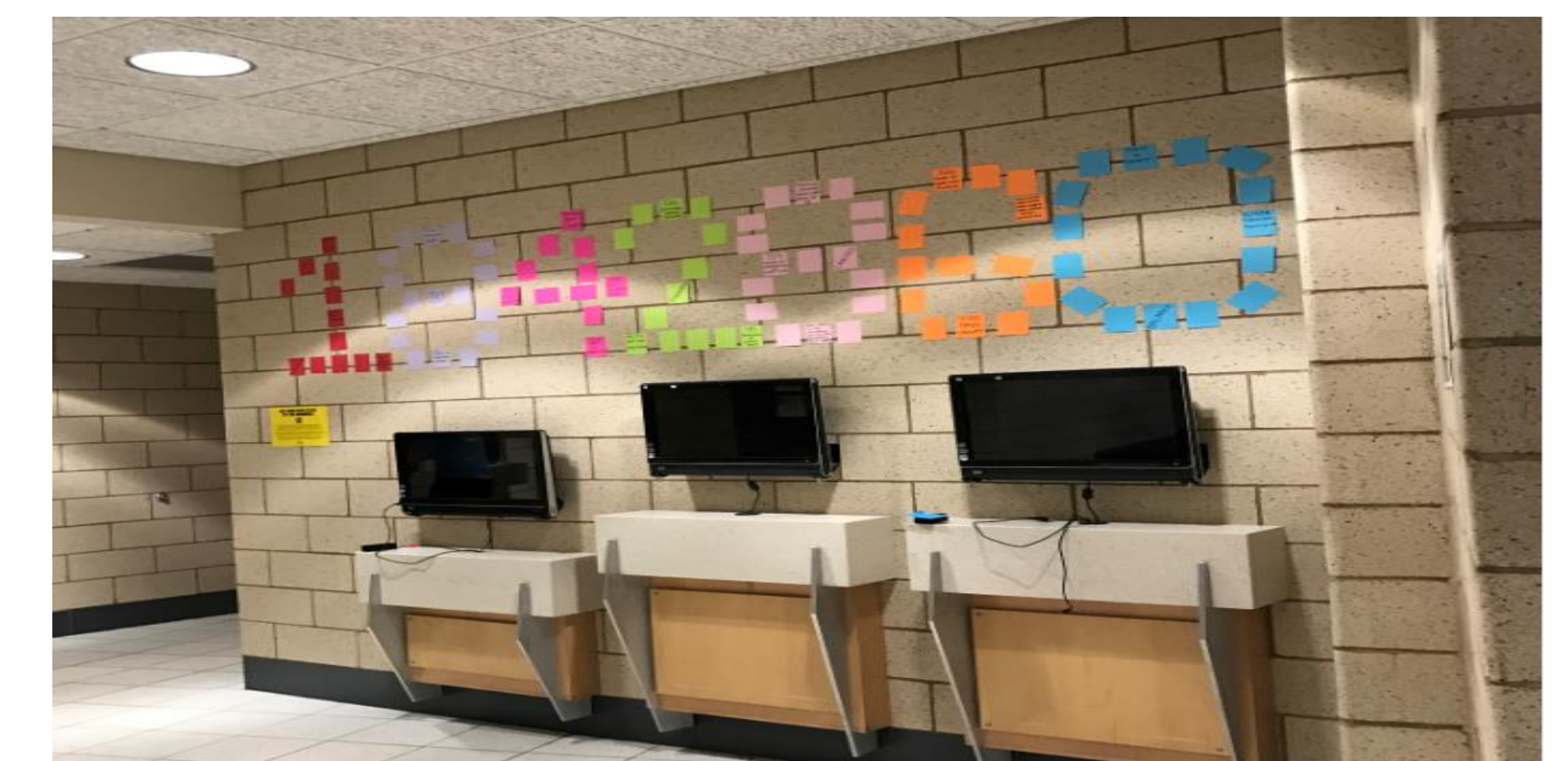
University of Dayton RecPlex view from South Student Neighborhood

Problems at UD

- **Size of RecPlex does not accommodate for the growing student population**
- Not enough resources outside the RecPlex
- Not enough space and equipment inside the RecPlex
- Group fitness classes are too expensive

Student Opinions

- “Free classes”
- “Not enough resources outside the Rec”
- “We need more space and equipment inside the Rec”
- “No incentives besides PATH points”



Picture inside the RecPlex to represent 1,842,860 total minutes of exercise by students during the “Path to 30” program

Our Suggestions

Outside the RecPlex

- Yoga in the LTC in the library
- Workout and health programs inside campus dorms

Inside the RecPlex

- Creation of intramural competitions between streets in the Student Neighborhoods
- **FREE** group fitness classes



3 streets within the Student Neighborhoods for the street intramural competitions