NC State University
University Recreation Advisory Board

Meeting Notes – Tuesday, November 14, 2017

Attendees
Board Members in Attendance: Geoff Balshaw, Robert Braid, Maria Brown, Tyler Campbell, Tommy Holden, Brandon Huber; Benji Martin, Alantra Miller; Katherine Miller, Molly Rose, Cayla Slack
Ex-Officio Member: Eric Hawkes, Executive Director of Wellness and Recreation; Shannon DuPree, University Wellness Specialist; Will Craig, Assistant Director of Fitness

Welcome & Introductions

UREC Organizational Changes
Eric shared a new Director of Wellness position within the department has been created and is currently posted on the HR website. A previous vacated Associate Director of University position has been reclassified into this new position to provide a more focused effort in leading university wellness efforts. Existing ThriveWell and Fitness programs will continue to report to the position. Other units previously led by the Associate Director position are now managed by the two existing Associate Directors.

In addition, Eric’s title is now executive director of wellness and recreation. The department will soon start the process to formally change its name from University Recreation to NC State Wellness and Recreation to better accurately describe its function and role on campus.

Adam Sardinha, UREC Marketing and Communications Specialist has accepted a new position at UNC-Chapel Hill in their development office and will be leaving NC State in early December 2017. UREC expects to post and recruit for his position soon thereafter. Jennifer Homan has accepted the UREC Administrative Support Associate position and will be starting Monday, November 20, 2017.

The updated University Recreation organizational chart is attached to the meeting notes.

Fitness and Wellness Updates and Feedback
Shannon DuPree and Will Craig presented a Fitness and Wellness Overview for the board. Presentation materials are attached to the meeting notes. Below are a few topics of discussion.

- Members mentioned they would not have know the vast majority of what our ThriveWell and Fitness programs have to offer if they did not attend the presentation. Several ideas were presented about how to communicate offerings across campus moving forward.
- Several students expressed a need for better education around proper sleep habits/hygiene. There was much discussion about how lack of sleep negatively impacts a large portion of students.
- Several comments about technology and how that takes up a significant amount of personal of time. It was shared that students often feel they do not have enough time for
exercise, but that time is often taken up with technology/devices. It was mentioned this can be used in two potential ways: 1) integrating exercise with technology, and 2) offering exercise/wellness events that are technology free and a way to decompress.

- Several members of the board indicated that sharing information about the impact of physical activity on overall student success would more than likely positively impact the amount of people engaging in our offerings/programming.

**Carmichael Addition & Renovation Project Update**
The project was reviewed and approved by the Campus Design Review Panel (CDRP) October 25, 2017. The CDRP advises on architectural standards and guidelines for the campuses, advises on exterior material selections for use in the construction of projects, participates in peer review of campus design and physical master plan, and reviews project plans for responsiveness to master plan standards and guidelines.

We were recently notified by the North Carolina State Construction Office that a smoke evacuation system will be required. This system, similar to the ones in Talley Student Union and Reynolds Coliseum, will cost approximately $500k. The design and construction teams are exploring strategies to cover this additional cost.

**Open Forum**
Eric will be presenting to the IRC general assembly Thursday, November 16, 2017. February 21, 2018 will be the second annual Wellness Fair -- details will be shared at our next advisory board meeting.

**Next Meeting:** Tuesday, February 6, 2018 at 5:00pm in Rec Center Playzone
ERIC HAWKES
EXECUTIVE DIRECTOR,
WELLNESS AND RECREATION

HEATHER SANDERSON, ED.D
ASSOCIATE DIRECTOR,
WELLNESS AND RECREATION

JASON SPIVEY
ASSOCIATE DIRECTOR,
WELLNESS AND RECREATION

VACANT
DIRECTOR OF WELLNESS

SHANNON DUPREE
UNIVERSITY WELLNESS SPECIALIST

ALEXIS STEPTOE
COORDINATOR,
WELLNESS PROGRAMS

WILL CRAIG
ASSISTANT DIRECTOR, FITNESS

LEIGHA KRICK
COORDINATOR,
GROUP FITNESS

JENN RICHARD
ASSISTANT DIRECTOR,
STRENGTH AND CONDITIONING

EDNA WILLIAMS
BUSINESS MANAGER

NICOLE GUISTWITE
BUSINESS SPECIALIST

NATHAN WILLIAMS
ASSISTANT DIRECTOR,
OUTDOOR ADVENTURES

ERIN DANIELS
COORDINATOR,
OUTDOOR ADVENTURES

MARY YEMMA
ASSISTANT DIRECTOR,
TRAINING DEVELOPMENT AND EXTERNAL RELATIONS

HEATHER GATELY
COORDINATOR,
MEMBER SERVICES

VACANT
MARKETING AND COMMUNICATIONS SPECIALIST

MARY YEMMA
ASSISTANT DIRECTOR,
TRAINING DEVELOPMENT AND EXTERNAL RELATIONS

HEATHER GATELY
COORDINATOR,
MEMBER SERVICES

VICTORIA BROUSSEAU
ADMIN SUPPORT SPECIALIST

JUDY CORSI
VISUAL ARTS SPECIALIST

MARIANNE COLLINS
IT MANAGER
DASA TECH SERVICES

JEN HOMAN
ADMIN SUPPORT ASSOCIATE

BEN STRUNK
ASSISTANT DIRECTOR, SPORTS PROGRAMS

EMILIE BIZHARDT
COORDINATOR,
SPORTS PROGRAMS

NELSON SANTIAGO
COORDINATOR,
SPORTS PROGRAMS

STEPHEN TUCCI
ASSISTANT DIRECTOR,
FACILITIES AND OPERATIONS

JONATHAN HENNESSEY
COORDINATOR,
FACILITIES AND OPERATIONS

DANIEL KIFLE
ASSISTANT DIRECTOR,
TRAINING DEVELOPMENT AND EXTERNAL RELATIONS

HEATHER GATELY
COORDINATOR,
MEMBER SERVICES

VICTORIA BROUSSEAU
ADMIN SUPPORT SPECIALIST

SILAS GEORGE
FACILITY MAINTENANCE SUPERVISOR

TOM HESS
FACILITY MAINTENANCE TECH

CORY MAYFIELD
FACILITY SUPPORT SERVICES ASSOCIATE

MICHAEL SANCARTIER
LEAD FACILITY MAINTENANCE TECH
University Recreation

Fitness & Wellness Overview
UREC Advisory Board
Tuesday Nov. 14 2017
University Recreation
Fitness Team

- 100+ Student Employees
  - 25 Personal Trainers
  - 50 Strength & Conditioning Assistants
  - 45 Group Fitness Instructors
  - 8 Small Group Coaches
- Over 8,000 Unique Participants

Will Craig
Assistant Director, Fitness

Leigha Krick
Coordinator, Group Fitness

Jenn Richard
Coordinator, Strength & Conditioning
University Recreation
Wellness Team

Shannon Dupree
University Wellness Specialist

Alexis Steptoe
Coordinator, Wellness Programs

- 12 Student Employees
  - 6 Certified Health Coaches
  - 6 Wellness Assistants
- Over 14,000 students and employees engaged in Wellness programs and events during 2016-2017 academic year.
Top 5 Impediments for Academic Success for NC State Students

1 Stress  2 Anxiety  3 Sleep deprivation  4 Internet Use  5 Depression  5 Cold/Flu

*: Depression and Cold/flu are tied

Student Data

53.7% students have felt overwhelming anxiety in the last 12 months

14.7% students are diagnosed with anxiety

29.7% students have felt so depressed in the last 12 months that it was difficult to function

11.3% students are diagnosed with depression

29.6% students are overweight or obese

68.4% students consume less than two servings of fruits and vegetables per day

53.9% students do not meet recommended guidelines for physical activity

Source: American College Health Association National College Health Assessment, Spring 2015.
Build a Thriving Pack

Career Wellbeing
Social Wellbeing
Financial Wellbeing
Physical Wellbeing
Emotional Wellbeing
Community Wellbeing

People
Places
Culture

Peer Support
Communication
Responsibility
Health Education
Knowledge
Sense of Community
Easy Health Options
Safety
Sustainability
Built Environment
Wellness Programs
Wellness Events
Leadership Support
Marketing & Communication
Academic Research
Policy
MAJOR PROGRAMS & SERVICES
Fitness Programs and Services

• Open Recreation Fitness
  – 35,000 square feet of indoor and outdoor Fitness Space
  – 7 Unique exercise locations

• Equipment
  – Over 400 items of equipment
  – Evolving equipment line up and layout

• Educational Opportunities
  – Free Fitness Orientations
  – Workshops
Fitness Programs and Services

• Group Fitness
  – 100+ classes/week
  – 20 formats
  – 7,000 Unique Participants
  – ACE Group Fitness Course

• Private Group Fitness
  – 27 different Groups
  – Tripled Private classes from last fall
  – Custom experience

• One-on-One Yoga
  – All with Upper level Certified Yoga Instructors
Fitness Programs and Services

• Personal Training
  – 2,700 Session FY16/17
  – 150 Unique Participants
  – NASM Personal Training Course

• Fitness Assessments
  – Body Composition
  – Full Assessments

• Small Group Training
  – 4 Formats
  – 75 Unique Participants
Fitness Programs and Services

• Special Events
  – Cycle for Survival
  – Powerlifting Competition
  – Glow with the Flow
  – Dance kick off classes
  – Finals mind/body classes
  – Launches
Wellness Programs and Services

- Educational Sessions
  - Stress Management
  - Sleep Hygiene
  - Goal Setting
  - Residence Hall Fitness
  - Wellness in the Workplace

- Lifestyle Modification Programs
  - Walking Challenges
  - Wolfpack H.O.W.L.
  - Health and Wellness Coaching

- Outreach
  - WellCheck
  - Tabling
Wellness Programs and Services

● Wellness Champion Programs
● Well Wolfpack Certified Organizations
● Wolfpack Wellness Power Lunch Series
● Wood Wellness Village
● Academic Partnerships
  ○ PRTM Service Learning Course
● Collaborative Events
  ○ NC State Wellness Fair
  ○ Fresh Check Day
  ○ Finals Survival Week
  ○ UAB Wellness Trivia
  ○ Cultural Awareness
Celebrating Cultures and Promoting Diversity

Didier Turcios
Senior - Statistics

How do you preserve your roots?
I try my best to let everyone know about my roots and how proud I am to be Salvadorian-American. Everything from the language I speak, the decorations in my room and the food I eat helps to remind me of where I came from.

How do you live a healthy, active lifestyle?
...by staying hydrated, eating well and working out throughout the week.

Nicholas Rinz
Senior - Textile Technologies

How do you preserve your roots?
...by being active in my fraternity, Lambda Theta Phi, in the community and by enjoying every aspect of my culture.

How do you live a healthy, active lifestyle?
...by lifting weights and dancing with Sube Ritmo.

Food for the Soul

Learn about the importance of wellness, the major health problems for African Americans, and the effects cultural influences have on the soul food diet. Participants will sample and learn how to make soul food recipes with fresh and healthy ingredients.

Monday, Feb. 20th | 6:00 - 7:30PM | Talley Piedmont Ballroom
Sponsored by University Recreation, Multicultural Student Affairs and University Dining
The Culture of Wellness
Learn how NC State is transforming lives.

Wellness is the interdependent and interactive combination of love for what is done each day, the quality of relationships, the security of finances, the vibrancy of physical health, and the pride taken in what is contributed to our communities.

ELEMENTS OF WELLNESS

Career
The opportunity to regularly engage in

Social
The ability to develop supportive

Financial
The awareness of current financial

wellness.ncsu.edu
COMMITMENT TO INCLUSIVITY
Inclusive Opportunities

• Ladies Night
  – 200+ participants
  – 40% participants are low users

• Women’s Only Fitness Classes

• Bollywood

• Women on Weights

• Office of International Studies
  – International Moms or Mates

• Introductory Workshops
  – Education

• Bilingual Opportunities
Integrative Care to Support the Whole Student
Integrative Care Model

- University Recreation, Student Health Services, & Counseling

- Holistic approach to student health & wellness

- Systematic collaboration of multiple providers, clinicians and subject matter experts on NC State’s campus, to treat and prevent lifestyle and mental health related conditions through traditional and behavioral healthcare.
Integrative Care Model

**Health and Wellness Coaching**
- Develop goals on how to build skills to make healthy decisions.
- Facilitates referrals within University Recreation Recreation and Campus Partners

**Exercise is Medicine**
- Develop and execute individualized exercise program

Both programs focus on developing adherence and sustainable healthy habits through education and empowerment
Integrative Care Model

1. Any student that is not meeting the recommended 150 minutes per week of physical activity

2. Any student that suffers from Lifestyle related Health Condition

3. Any student suffering from stress, anxiety, or depression and provider believes physical activity would be beneficial

4. Any student that needs support in the following areas, but does not necessarily need to meet with a counselor or provider: resiliency, sleep, nutrition, chronic disease management, or at an unhealthy height-to-weight ratio
Potential Future Initiatives
Future Initiatives

**Fitness**
- Remote Classes
- Centennial Offering
- Themed Classes
- Cycling Studio Reno.
- Evolving S&C Ass. role
- Larger push for PT.
- Technology Integration

**Wellness**

Fall 2017
- Price is Right: Stretching the Dollar
- Recruitment of Student Wellness Champions
- Finals Survival Week Fall 2017
  - Relaxation Stations

Spring 2018
- Launch Wolfpack Wellness 101
- Well Wolfpack Certified Student Organizations
- Expand Health and Wellness Coaching
- Meet the Coach

Improve education, services and opportunities for members of the Wolfpack Community to engage in behaviors to improve their overall wellness.
Feedback
What are the top health and wellness concerns for students?
Are there gaps in the services or programs currently offered?
What are barriers to engaging in programs and services?
How can we better reach students who do not use our programs?
Questions?

Will Craig
Assistant Director of Fitness
whcraig@ncsu.edu

Shannon DuPree
University Wellness Specialist
sdupree@ncsu.edu