

Create a Fresno State Fitness Trail that has "fitness stops" along the paths (stations at given intervals for places to do sit-ups, pull-ups, lunges, etc.). Provide maps or add scan codes at stations to track progress.

CURRENT CHALLENGE:

Ways to engage our Students, Faculty and Staff in healthy exercise habits.

PROPOSED SOLUTION:

A Fresno State Fitness Trail.

We have a beautiful campus and have several walking paths on campus. It would greatly benefit all on campus and the local community to have "Fitness Stops" along these paths (stations at given intervals that have designated places for sit-ups, or for pull-ups, or for lunges, etc.) Maps could be provided, or add scans codes at stations to track progress by mobile app. Everyone on campus, exercise classes, lunch groups, faculty, staff, students and the larger university community could utilize and benefit from these fun and useful improvements.

BENEFITS TO FRESNO STATE:

The health benefits of regular exercise and physical activity are hard to ignore. From the Mayo Clinic's official website:

7 benefits of regular physical activity;

- 1: Exercise controls weight
- 2: Exercise combats health conditions and diseases
- 3: Exercise improves mood
- 4: Exercise boosts energy
- 5: Exercise promotes better sleep
- 6: Exercise puts the spark back into your sex life
- 7: Exercise can be fun

These new stations would encourage and enable everyone in the Fresno State community to get out, exercise more and have fun!

ADDITIONAL INFORMATION: