

**Encourage staff and students at the rec facility to dress in workout clothes and work out during the work day.**

**CURRENT CHALLENGE:**

I am a new Faculty here at Fresno State this year. (And I love it!) Yesterday I finally joined the Rec Center. As I was paying for my membership I was chatting with the Member Services representative about how it had taken me into my 2nd semester to finally begin taking care of myself through exercise. She mentioned that she doesn't get to take advantage of the facilities because she works there, and needs a change of scenery when she is done with her work day. It clearly was something that she was sad about.

**PROPOSED SOLUTION:**

When I have been part of other recreation facilities I have often noticed the employees working out during the day. They were wearing appropriate workout clothes, and I always felt inspired that they understood my desires and struggles to stay healthy.

My solution is for all of the staff and students at the rec facility to be encouraged to work out during their work day. Encouraging dressing in workout clothes, using the facilities during group classes, as well as allowing 1 hr of paid "workout" time a day.

**BENEFITS TO FRESNO STATE:**

The process of lifelong healthy habits is so important for developing the whole student as well as life- long learners we all strive for. Having a team approach is very powerful. #bebold in all parts of our human existence!

**ADDITIONAL INFORMATION:**