



UCLA RECREATION

A partnership with the MoveWell pod of the UCLA Healthy Campus Initiative

PARTNERS

- HCI supports Recreation as a partner by providing funding.
- UCLA Recreation contacts are able to ask MoveWell to help with the process of writing a proposal for funding.
- In some cases, this funding has meant the ability to pilot a new program fully subsidized for students. In others, Recreation has received partial funding, so that students have only had to pay a small fee.
- Recreation has its own advertising and evaluation structures, but MoveWell has offered support in both aspects, in order to promote programs and ascertain their effectiveness.

OVERVIEW

Since its inception, the MoveWell pod of the UCLA Healthy Campus Initiative, envisioned and supported by Jane and Terry Semel, has partnered with UCLA Recreation, particularly with the Martial Arts, Adaptive Recreation, and FitWell programs.

Assistant Vice

Chancellor Mick DeLuca (former co-leader of the pod) and Director of UCLA Recreation Wendy Windsor (current co-leader of the pod) communicate the needs and accomplishments of UCLA Recreation to MoveWell and work with a number of contacts on campus. FitWell Services Program Director Elisa Terry and FitWell Assistant Program Director Kelly Shedd have been instrumental in adapting programs already in place for faculty and staff to students, such as the Bruin Health Improvement Program, Free Yoga programs, and the Bruin Mindfit Program. Paul McCarthy, Martial Arts Coordinator, has collaborated with MoveWell member Professor Janet O'Shea on cognitive research with martial arts. Michael Garafola, Adaptive Program Coordinator, is interested in organizing a day to celebrate Adaptive Recreation next year with the help of MoveWell. Each of these contacts attends quarterly MoveWell meetings. Recreation contacts have also assisted MoveWell in its exploration of education in ergonomics for graduate students by providing trainers and instruction.



PROJECT DETAILS

Move Well aims to support Fitwell's goal of activating wellness on campus by educating, motivating, and empowering faculty, staff, and students to make healthy lifestyle choices, specifically in the areas of fitness and exercise, nutrition and weight management, stress management, and general health education.





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RESOURCES

- **WATCH:** The Bruin Health Improvement Program [BHIP] video available at: <https://vimeo.com/150710114>
- **WATCH:** "FitWell: A Day in the Life" available at: <https://www.youtube.com/watch?v=bcct3tXmdyQ>
- **WATCH:** The MoveMail video at <http://www.recreation.ucla.edu/fitwell#459221080-movemail>
- **VISIT:** UCLA Recreation at <http://www.recreation.ucla.edu/about>
- **VISIT:** FitWell at <http://www.recreation.ucla.edu/fitwell>
- **VISIT:** BHIP at <http://www.recreation.ucla.edu/fitwell#459201099-bhip>
- **VISIT:** BruinMindFit at <http://www.recreation.ucla.edu/fitwell#459201108-bruin-mindfit>

CONTACT

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DATA SNAPSHOT

- The Recreation programs sponsored by MoveWell, including Bruin Health Improvement Program for graduates, BruinMindFit for Students, and Free Friday Yoga, were evaluated through before and after surveys administered by Recreation and intercept surveys administered by MoveWell.
- The majority of respondents answered that they found these programs to help their overall mood and wellness and that they would attend a similar program.
- Around 100-200 students participate in these programs each quarter.



CHALLENGES

- With student exercise programs, finding an ideal time that is compatible with students' class and work schedules can be challenging.
- Programs tend to have much higher enrollment when they are offered for free, versus a nominal fee.
- Retention of students over the quarter is always an issue.

PROCESS INSIGHT

- It can be difficult to communicate opportunities across campus. Based on our surveys, promotion of programs and events often occurs via word of mouth and depends upon social media presence.
- Connecting to the graduate student housing list serves and the Graduate Student Resource Center has been key in promoting programs to graduate students, who tend to be isolated in their work and less reachable on campus.
- The location of exercise breaks and programs across campus can affect staff and faculty willingness to participate, due to their work schedules and the need to shower after exercise.
- MoveWell intends to boost its role as an advocate for supporting and expanding existing programs available through UCLA Recreation and other Healthy Campus Initiative pods by making efforts to normalize physical activity and more deeply investigate barriers to using the excellent UCLA fitness facilities and exercise programs.

