

**NC State Wellness and Recreation Advisory Board
Meeting Notes – Tuesday, September 28, 2021**

Board Members in Attendance: Beth Wright Fath, Deveshwar Hariharan, Hunter Cooper, Maria Brown, Natalie Bress, Remington Hough, Sami Atassi, Zack Jenio
Ex-Officio Member: Eric Hawkes, Executive Director, Wellness and Recreation
Other: None

Welcome and Introductions

2021-22 Wellness and Recreation Advisory Board Membership

- Benji Martin - Faculty & Staff Representative
- Beth Wright Fath - Faculty & Staff Representative
- Deveshwar Hariharan - University Graduate Student Association Representative
- Hunter Cooper - Wellness and Recreation Student Employee Representative
- Maria Brown - Faculty & Staff Representative
- Natalie Bress - Student Government Representative
- Remington Hough - At-large Student Representative
- Rushali Jain - Inter-Residence Council Representative
- Sami Atassi - At-large Student Representative
- Zack Jenio - At-large Student Representative
- TBD - Inter-Residence Council Representative
- TBD - Inter-Residence Council Representative
- TBD - Interfraternity Council Representative
- TBD - National Pan-Hellenic Representative
- TBD - Panhellenic Association Representative
- TBD - Multicultural Greek Council Representative

Overview of the Wellness and Recreation Advisory Board

Eric shared the [NC State Wellness and Recreation Advisory Board Constitution](#).

NC State Wellness and Recreation Overview

- [Mission and Vision](#)
- [Wellness and Recreation Strategic Plan](#)
- Review of [Organizational Chart](#) and [Staff Directory](#)
- [Overview of Wellness and Recreation](#)
- Eric shared challenges with professional staff transition and the reduction of student employees since the pandemic started. Wellness and Recreation hired more than 250 students (of the 650+ total) in the past six weeks. Last fall and spring's reduced operation due to the pandemic did not allow us to hire the typical number of students who in turn would be "returning" this year. As a result, we are hiring two years of student employees this fall semester.

Rec Sports Budget and Fee Request: 2022-23

- [Fee Request](#)
- [Wellness and Recreation Fee Request Presentation](#)

Advisory Board Areas of Interest

- Brainstorming Session Results (see attached)

Open Forum

Next Meeting: Tuesday, November 9, 2021 at 4:00pm in Wellness and Recreation Center Classroom 1112

**NC State Wellness and Recreation Advisory Board
Brainstorm Session - September 28, 2021**

As part of the advisory board, I want to help Wellness and Recreation....

1. Help inform campus community learn that Wellness and Recreation is more than just a gym; a great resource on campus to support diversity, equity and inclusion; power to impact campus in a positive way.
2. Move away from being “just a gym” or “Carmichael” but a community center on campus that is integrated into the support system for students and is advocating for student wellbeing. I want to bring forward pressing issues that impact our student body that WellRec has the ability to directly and indirectly impact by improving resources available to students.
3. Improve professional rapport between department and users (students and members); often the community perceives group fitness instructors and personal trainers as students without nationally recognized certifications; we can improve this perception.
4. Connect curricular and co-curricular experience through partnerships with Health and Exercise Studies.
5. Personal trainers “look” young and unable to provide services to faculty and staff; can we provide personal trainers who “specialize” in working with older clients?
6. Improve fitness center layout to make it more “user friendly”.
7. Improve facilities and recognition of programs.
8. Learn more about all issues related to the department.
9. Make informed, inclusive decisions.
10. Keep moving forward efficiently.
11. Make a direct impact in innovating change to better promote a premier experience.
12. Recruiting staff back.
13. Sharing faculty and staff feedback.

I want to learn more about....

1. The way the department operates and program usage.
2. Challenges the department is facing.
3. How I can help the department.
4. Sustainability at Wellness and Recreation.
5. The why behind decisions. I think transparency is incredibly important and so understanding when a “no” comes from higher up in the chain making sure that the students at the end are hearing the why.
6. How the music works; excellent opportunity to have NC State branded music station.

I want the NC State community to know about....

1. All of the resources available!
2. The challenges that face the department.
3. The safe and fun environment we provide.
4. Budget - specifically equipment replacement.
5. There are advisory boards designed to enhance the student experience.
6. You don't have to know how to workout in order to use the fitness center; opportunities to learn and there are experts to help.

Wellness and Recreation areas of concerns

1. Usability of fitness center space; user experience of the facility; NC State Libraries has a team that specializes in improving layouts and systems that may be a helpful resource.
2. Duplicate machines on multiple levels.
3. Not enough dumbbells.
4. Lack of mirrors in 1201 and 1202. Eric shared there is no consensus within the fitness industry regarding mirrors. Historically, mirrors were placed at most, if not all racks and free weight areas to allow users to check form. Recently, more users are requesting spaces without mirrors to eliminate feelings of judgment from other users and body image concerns. Our philosophy is to provide spaces that meet the needs of both user groups needs.
5. Add more outdoor trips.
6. Provide more professional staff in the building to support users. Eric shared the 650+ Wellness and Recreation student employees serve in all areas of the organization and developing students is a critical component of our work. We use this on-campus employment experience to prepare them for life after NC State.
7. Making sure that we aren't okay with just the status quo but recognizing helping the student body means implementing innovative solutions.
8. No fans in the Mind Body Studio. Temperatures often are not ideal.
9. Advertise private fitness studios.
10. Need a better way to solicit user feedback.
11. Lack of group fitness instructors.
12. Need for an early morning yoga class (before 7am) to allow employees to get to work before 8am.

Wellness and Recreation areas of strength

1. Facilities available, maintenance and replacement of fitness equipment.
2. Student support through professional staff mentorship. Whenever I have an idea, I feel supported and empowered to bring it forward and look for ways to pursue it in ways that are attainable and realistic.
3. Encouraging student health and wellness.
4. Bus stop adjacent to the facility.
5. Diversity and quality of equipment available.
6. Love the new personal studio in Fitness Center 3600.
7. Locker rooms well maintained.

What else?

1. More professional staff presence in the facility.
2. Challenges of student employees having to serve as mask police. Eric and Beth shared examples of how we are supporting our student employees. The situation has improved in the past several weeks.
3. Can we add a moon board to the climbing center or other spaces within the facility?
4. Ability to share "how busy is it" via app or website.
5. Understanding that WellRec has some of the best teams and an immense amount of power on campus, I think we can and should be doing more to utilize that power and change what people think WellRec means.