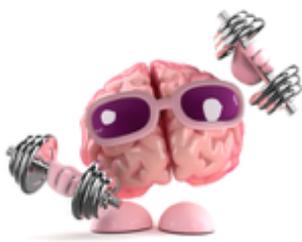


# Fitness4Finals Spring '15 Report



Paul D McDermott Physical Education Center

[www.fitness4finals.com](http://www.fitness4finals.com)

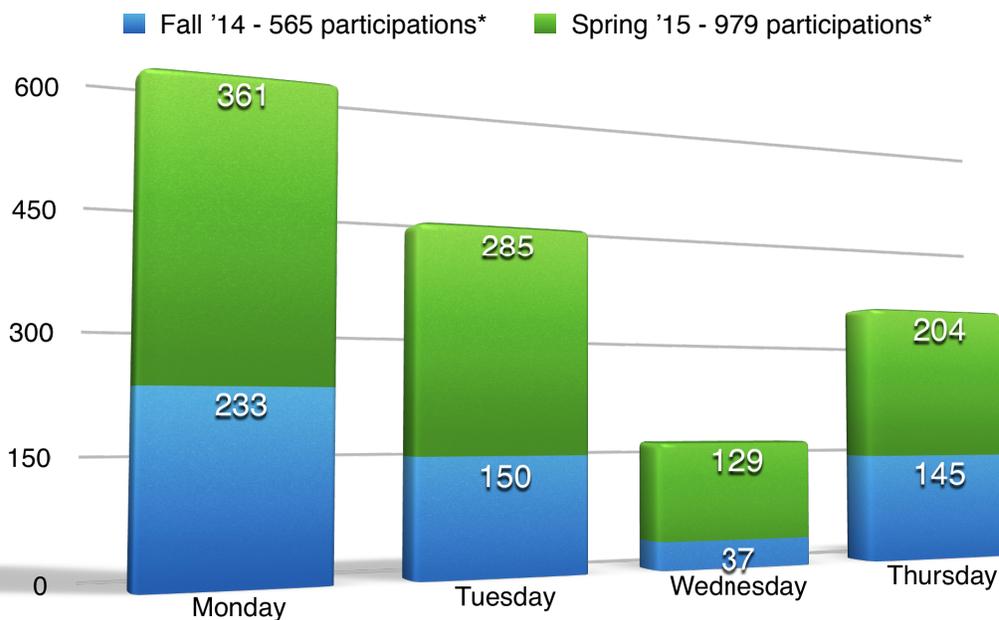


# Fitness4Finals

Fitness4Finals is a university-wide collaboration of like-minded Rebels to promote the benefits of an active lifestyle. Current research indicates that physical activity reduces stress and anxiety, improves cognitive function, and may improve academic test performance.

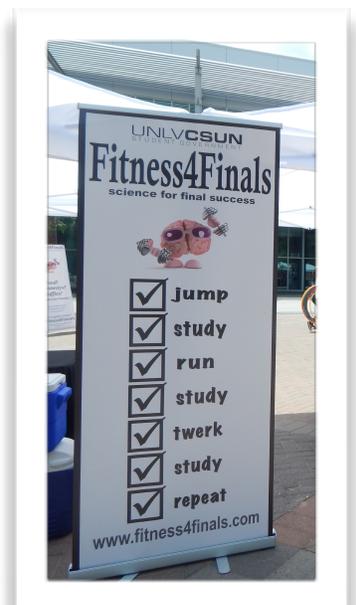
By providing an accessible network of physical activities and other wellness-based options during study-week and finals-week, it is the mission of Fitness4Finals Partners to contribute to the advancement and excellence of the UNLV community.

## Total Attendance



\* Some students participated in more than one event. The attendance is representative of total number of discrete participations, not individuals.

- ACSM support provided needed funding and additional academic credibility to the project
- Participation in all areas increased from 565 to 979 between Fall '14 and Spring '15
- UNLV's Physical Activity Program (PEX) donated 6 events and critical support for Rebel Flash
- UNLV's Student Government (CSUN) voted to provide yearly F4F support in their bylaws
- Students participated in physical activity (PA) to earn fresh fruit, water bottles, frisbees, jump ropes, and Kind Bars™
- Over 250 pounds of fruit and 22 cases of Kind Bars™ were distributed
- 250 imprinted water bottles & 200 frisbees were gifted



- The goal of Fitness4Finals (F4F) is to provide unique physical activity events, stress reduction information, cognitive health education, and direct support (healthy food, water bottles, jump ropes and other activity related gifts, printed educational materials, etc.) to the student body during study week. A partnership with CSUN, Lied Library, PEX, several student organizations and the Department of Kinesiology allows campus wide F4F events to become a tradition at UNLV.
- Students from Kinesiology, the science of human movement, designed, created and disseminated educational materials at all events. This not only helps the students become more active, but also provides educational opportunities to utilize inquiry and critical thinking and to practice communication skills. These undergraduate students are preparing for a career as Exercise and Rehabilitation Professionals and Health Care Providers. These experiences support their current educational requirements while providing hands-on experience for their future careers.

## What did the students say?



*"I really enjoyed the event!!! It was a great way to release some end of the semester anxiety."*  
Sherida D.

*"Fitness 4 Finals not only helped to take off the stress of finals, but it also opened me up to trying new things such as Tai Chi. I had such a fun time with it and have been looking into taking Tai Chi classes. I cannot wait for next year!"* Oriana G.



*"This was my first Fitness4Finals and my first yoga class, and it was eye opening! Perfect atmosphere and very skilled yoga instructor! I can't wait for next year!"* Janelle W.



*"I took a yoga class during Fitness 4 Finals and it was an awesome stress break while studying that got me excited to do more. By taking a class with friends it got us motivated to do more not just at school but during the summer to*

*stay fit. I can't wait to take more classes next semester to learn some new skills."*  
Olivia S.

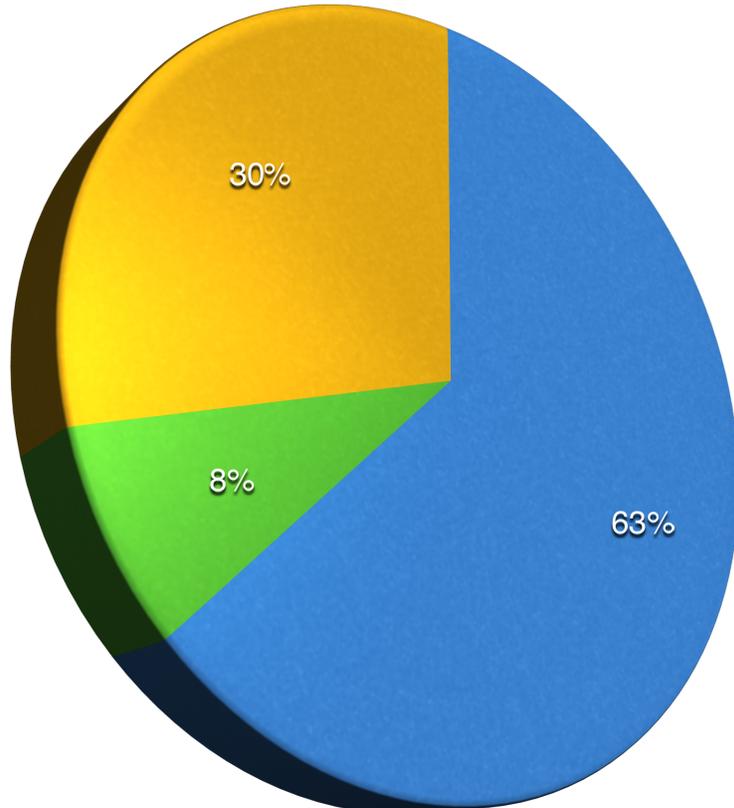


## Attendance by Event

	Monday	Tuesday	Wednesday	Thursday
Meditation	77		26	
Table Event	163			
Rebel Flash	68			
POUND Fitness™	17			
Pilates - PEX	15	25		
Obstacle Course - PEX		205		
Tai Chi - PEX		34		
Bootcamp- PEX			33	
Yoga			54	130
Chair Massage				45
Volunteers	21	21	16	19
Class Involvement	147	113	33	10



## Spring 2015 Involvement



● Attendance

● Volunteers

● Classroom Involvement

