

Title of Proposal

UA FIT: University of Arizona Fitness Interval Training

The Student Health Advisory Committee Initiative to Increase Campus and Community Health
Through the Replacement of the Outdoor Fitness Stations

Department Head

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UA Foundation Account Number

***Recreation Center Maintenance Account #160960 (should it go into the ASUA account and transfer over to the rec or go directly to the rec?)

Summary

The Student Health Advisory Committee requests \$15,000 for the replacement, improvement and promotion of the outdoor fitness stations and route. At its completion, this three year project will allow the campus and community improved availability and function to outdoor fitness opportunities.

Overview of Program Seeking Funding

The Student Health Advisory Committee (SHAC) serves as a liaison between the students and Campus Health through the Associated Students of the University of Arizona (ASUA). The committee is made up of a number of students who participate in organizing health promotion and prevention activities throughout the year. The SHAC members also contribute to student health by sitting on faculty committees and working with nationally recognized campaigns. The last few years have been a major transition time for the organization, allowing it to grow significantly.

Some of the major programs the SHAC puts on annually are The Great American Smokeout, World AIDS Day, Sexual Responsibility Week, and Eating Disorder Awareness. We have also started programs that work with other organizations on campus in hopes of reaching out to more students. One such program is Collegiate Health and Wellness Day where we collaborate with the University of Arizona Police Department, OASIS, and Residence Life. The SHAC also helps the Counseling and Psychological Services department of Campus Health by administering surveys for National Alcohol Screening Day and National Depression Screening Day.

Along with these events, the SHAC plans long term projects to help create a healthy living environment. During the 2004-2005 school year, SHAC looked at replacing of the old worn and weathered fitness station route around campus with a new and improved weather resistant stations. After two years this \$35,000 project is almost complete. It is our hope that by the end of the 2006-2007 school year the stations will be in place and in use by the students.

Since the SHAC works with the ASUA we are given a budget less than \$2,000. This budget is used towards funding our yearly events. The ASUA is unable to provide funds to cover the cost of our UA FIT program.

While the fitness station project is being finalized, the SHAC has already begun planning a promotional ribbon cutting ceremony. At this ceremony we will invite our generous donors, students, faculty, and community to join us in becoming promoters of healthy lifestyles in the Southwest.

Abstract of the Grant Proposal

The Student Health Advisory Committee requests \$15,000 for the replacement, improvement and promotion of the outdoor fitness stations and route. Our committee has worked with several fitness station companies, contractors, engineers, and architects in order to develop this project. We have spent a lot of time researching to ensure that we get the best value and functionality out of our available space and money. At its completion, this three year project will allow the campus and community improved availability and function to outdoor fitness opportunities.

Detailed Statement of the Proposal

Background

The original fitness stations were donated to the Campus Recreation Center in January of 1979 by Perrier. There are currently only seven stations remaining of the original eighteen due to construction over the years. SHAC decided to refurbish these stations to

encourage outdoor exercise for students and faculty. Tucson's weather is very conducive to outdoor exercise and fitness routes encourage interval training and conditioning, both of which are essential to staying fit.

While in the planning stages of this program, SHAC surveyed 672 UA students and faculty to determine the usefulness and current awareness of the fitness stations. The results showed that 81% of the respondents were aware or very aware of the stations. One in four faculty members recorded having used the stations before. More than two-thirds of the faculty and the people surveyed in the Student Recreation Center replied that they would definitely or maybe use the outdoor stations if new ones were installed. Even though the current fitness-stations are in poor condition, a number of the students, faculty, and ROTC members surveyed still use them regularly.

After comparing many companies, we have decided to install the more expensive, yet longer lasting Pipe-Line Fitness Stations. These stations are made of steel and are manufactured using 80%-100% recycled metals. The steel provides resistance to the effects of abrasion, impacts, temperature extremes, chemicals, and UV degradation. The benches on corresponding stations will be made of SofDek™. This material is useful in Tucson summers because it is cool and water resistant.

The fitness route has been planned with 18 individual exercise stations that are organized into three different routes that loop around the campus. The different routes will accommodate students and faculty at varying levels of fitness. Most importantly, our new fitness route will include four stations that are wheelchair-accessible. We are currently working with the Disability Resource Center to determine the best placement for these stations.

How Will This Program Benefit Students and Meet Their Needs

Exercise has been shown to be important in maintaining focus and concentration and in improving the immune system. Overweight and obese individuals are at a greater risk for cardiovascular disease and other health concerns that are modifiable through exercise and healthy eating. By replacing the stations, the SHAC will be able to better promote exercise and demonstrate the advantages of a healthy lifestyle. The new stations will attract publicity which will create an awareness of the new fitness opportunities around campus.

Students, faculty, and community members of the University will benefit from the fitness stations by providing a free opportunity to exercise outdoors at their leisure. Since the old stations are either missing or are in a state of disrepair, providing a complete route with enhanced handicapped accessibility and up-to-date structures will improve the campus greatly.

Following the installation of the fitness stations, the SHAC hopes to continue to promote the stations as a regular part of our committee. We are very grateful to the donors who have already contributed to this project. Without them, we would not be as successful in promoting the benefits of interval training. As a symbol of our appreciation, a sign will be placed at the beginning of the route, recognizing each individual or organizational donation. The contributors will also be recognized at a promotional ribbon cutting ceremony, which is still in the planning stage. For this ceremony, we are developing an interactive showcase of the fitness stations to motivate students, faculty and the community. This will be followed by a health fair held on the mall. In the near future we would like to plan a 5k run/walk which will follow the route and also exhibit the usefulness of the fitness stations. It is our goal to continually promote the fitness stations, so that their purpose does not dwindle as they did in the past.

Itemized Budget

Item	Cost
Materials	\$21,430
Shipping	\$1,740
Installation Fees	\$3,000
Maintenance Fund	\$4,000
Landscape Architect	*\$0
Civil Engineer	*\$0
Contractor	*\$0
Ribbon Cutting Ceremony	\$3,500
Survey Monkey (pre and post finalization)	\$30

Total Projected Costs **\$33,700**

Donor	Amount Pledged
Mel Zuckerman of Canyon Ranch	\$5,000
Student Recreation Center	\$5,000
Recreation Advisory Committee	\$5,000
Campus Health	\$4,000

Total Donations Received **\$19,000**

Donations Needed ***\$14,300***

†Facilities management team handled fitness station operations with the previous stations and with this maintenance fund; we will be able to provide financial support for any necessary repairs.

*Donated by Mark Novak and Deryl Smith of Campus and Facilities Planning.

Assessment of Outcomes

As we did during the planning stages of this project, at its completion, the SHAC will survey students, faculty and community members to assess the use of the stations and the general satisfaction with this addition to the campus.