Exercise and Wellness on College Campuses

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At the end of August every year, thousands of high school graduates choose to move away from home to continue their education at colleges and universities across the country. Undergraduate students everywhere quickly become lost on how to support themselves on their own, because most of them are leaving home for the first time. Many aspects of students’ lives change dramatically over the course of their first years in college, and one problem that impacts this part of the youth specifically is being able to maintain health and wellness routines. After conducting more research on this topic, it became apparent that institutions of higher education are rarely providing these individuals with the tools they need to succeed. Therefore, a program should be implemented at Ithaca College specifically to help their students. The goal would be to take upperclassmen students in the health and exercise related fields, and use their knowledge to give other students on campus advice about what to do. Just like the Robert R. Colbert Sr. Wellness Clinic already provides exercises and wellness training for faculty, staff, and members of the Ithaca community, this program would strive to provide nutrition information, dining hall tips, and exercise motivation to interested students attending Ithaca College. This will not only help the upperclassmen in the Exercise Science and Nutrition fields gain the experience needed before entering their career, but it will also help eliminate the confusion associated with the fitness center and the dining halls here on campus.