



Resolution Number:	W-15-04	Sponsored By:	Senator Jewel Haji <i>(Campus Affairs Committee)</i>
Introduced On:	February 12, 2015		
Voted On:	February 19, 2015		
Result:	Passed		
Vote Count:	42-1-0		

A RESOLUTION TO: Strongly encourage the expansion and improvement of fitness opportunities downtown.

Recognizing, that the only option for exercise and recreation on the Pew Campus is in Winter Hall, which only accommodates 20 people⁴ and has a usable space of 877 square feet²;

Realizing, that this fitness center was built to provide a space for fitness needs exclusively for the 380 residents of Winter and Secchia Halls⁴, which does not entirely include the student population residing in the downtown Grand Rapids area;

Realizing, that due to the increase in use of the Allendale Recreational Center – where the number of visits jumped from 96,160 to 131,767 between the years of 2012 and 2013 – there is less available workout space, which has deterred downtown residents from utilizing it in recent years¹

Recognizing, that in a survey of over one thousand students, 96% of respondents indicated that they would exercise at a facility if it were available downtown for all Grand Valley students²;

Recognizing, that 72% of students that were surveyed indicated that they did not have a gym membership besides the gym that all students are able to use at the Allendale Campus²;

Recognizing, in a study of 531 college students, physically active students displayed significantly lower levels of stress, test anxiety, and personal burnout at the end of a 16-week semester³, thus proving the notion that increasing fitness opportunities for students would lead to greater academic and social achievement in college;

Realizing, that the discount offered to Grand Valley students at the YMCA in downtown Grand Rapids does not equate to the free use of a fitness center that is available in Allendale;



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A RESOLUTION TO: Strongly encourage the expansion and improvement of fitness opportunities downtown.

Recognizing, that expanding downtown fitness opportunities could ease the demand of the Allendale facility and could make this recreational space more open and available for students to exercise freely;

Let it be resolved: that the Grand Valley State University Student Senate strongly encourages the expansion and improvement of fitness opportunities downtown.

¹ Erin Craft-Otterbacher, Student Nurses' Association at Grand Valley State University

² PowerPoint Presentation by Erin Craft-Otterbacher

³ Timothy Baghurst & Betty C. Kelley, Health Promotion Practice, Volume 15, Issue 3, Pages 438-47, "An examination of stress in college students over the course of a semester."

⁴ Christian Fredericks, the Living Center Director of Winter Hall