

GVSU RECREATION & WELLNESS

STUDENT AFFAIRS

JULY 2022 — JUNE 2023 gvsu.edu/rec

Mission: To empower and support students to pursue their overall well-being by providing impactful experiences to build community, develop life skills, discover passions, and have fun.

Student Engagement

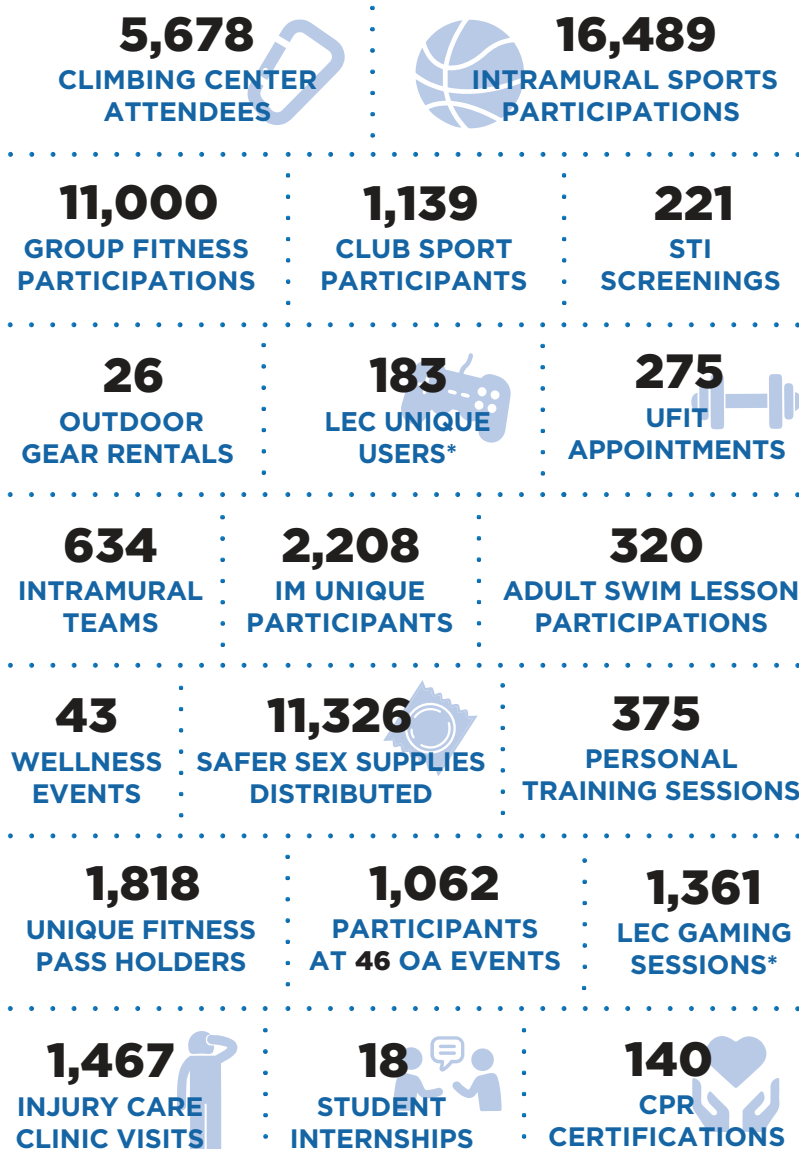
- 17 Wellness Coaching Clients
- Facilitated 100+ events
- Facilitated 27 Fitness class requests for 400 participants
- GVSU Unified Sports participated in a university state-wide Special Olympics basketball tournament
- @gvsurecwell surpassed 4,000 followers on Instagram
- Outdoor Adventures hosted a Fall Break backpacking trip to Dolly Sods
- Participants doubled at Sex Ed Week events from first annual in 2022 with a total of 396 in 2023
- WIT connected with 3,278 students at 49 WIT Cart shifts

Program Highlights

- Outdoor gear rental became free for students
- 12 sports wheelchairs were acquired for adaptive sports programming
- Group Fitness prices were reduced for students by 50%
- Intramural Sports offered discounted registration to reduce financial barriers for students
- 26 of 38 Club Sport teams attended their national championships

41,000+

TOTAL STUDENT PARTICIPATIONS



CLUB SPORT NATIONAL CHAMPIONS

- **Lucas Malloy** – Boxing
- **Bautista Ballesty** – Boxing
- **Laker Dance Team** – Jazz & Hip Hop

TOP SOCIAL POSTS:

- Reset Room Opening Reel- **4,469** Reach
- WIT has Trojan Post- **3,636** Reach
- New Blender Bike Reel- **3,019** Reach

*MOST POPULAR GAMES:

- Valorant
- Overwatch 2
- League of Legends

*Winter Semester Only IM- Intramural

OA- Outdoor Adventures | LEC- Laker Esports Center | STI- Sexually Transmitted Infection | WIT- Wellness Information Team