

**Campus Wellness Committee Annual Report**  
**September 1, 2024 – August 31, 2025**

**Goals:**

| Goal/Metric                                                                                                                                                                                                                                                                                                                                                                                                              | Accomplished | In Progress | Not Accomplished |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|------------------|
| Goal: Contribute to faculty & staff wellness initiatives through coordinated and direct programming and outreach.<br><br>Coordinate ROOFIT program for UA faculty and staff during the Spring 2025 semester. Program will use existing, and improved upon, policies to incorporate as many dimensions of wellness as possible. The Campus Wellness Committee has a goal of enrolling 150+ participants into the program. | YES          |             |                  |
| Contribute to the advancement of wellness initiatives across campus(es) for UA faculty and staff.<br><br>Assist in promotion of various wellness initiatives across campus(es) that contribute to betterment of UA faculty and staff; educational opportunities, programming & events.                                                                                                                                   | YES          |             |                  |
| Development of new campus wellness program modeled after Westchester University Banana Day, designed as a stress relieving program prior to final exams in the Spring Semester.                                                                                                                                                                                                                                          |              | X           | X                |
|                                                                                                                                                                                                                                                                                                                                                                                                                          |              |             |                  |

What were your top two successes?

1. The ROOFIT wellness program continues to be the highlight program of the campus wellness committee. The program kicked off with a slightly delayed Wellness Fair due to inclement weather on the originally scheduled date. Fifteen campus partners participated in the wellness fair, with sign-up getting participants a salad shaker giveaway and RooFit branded cell phone holder for a desk/workspace. In total, 29 teams, totaling 129 participants, logged 42,420 total points. While overall participation was slightly down from the previous year, enrolled participants logged more points per participant than in any previous iteration of this program!

2. The committee is always discussing ways to further campus wellness programming throughout the year. We had the opportunity to become involved with an event called Akron Corporate Challenge throughout the spring/summer months. The program is a fun way to get campus participants (faculty & staff) on teams for a variety of challenges and compete against other local businesses. Teams of UA faculty & staff represented the University on bowling, putt-putt, sand volleyball, cornhole, & 3v3 basketball teams! Teams all had a great time participating and there is room for additional activities as we grow participation within this program!

What were your top two challenges?

1. Sustained participation from all constituency groups

2. Coordinating marketing initiatives from departments that work exclusive of each other.
3. Lack of any budget to initiate ideas that are brought forth.

Please list the dates of your meetings:

2024: 20 - September, 18 - October, 20 - December

2025: 17 – January, 21– February, 18 – April, 16 – May, 18 – July, 15 - August

Please submit the report to Heather Loughney ([hl@uakron.edu](mailto:hl@uakron.edu)) by September 19, 2025.