



TOTAL BODY WORKOUT

April 4, 2018

Impact Report

The Student Recreation Center held a **Total Body Workout** event on **April 4, 2018**. The **FREE** event was a tremendous success on so many levels breaking record in **male participation, freshman participation** and impacting the lives of so many students. For 90 minutes **146 participants** were so driven and engaged trying to keep up with the workout. **Fitness instructors** combine humor and knowledge to **inspire, educate** and **motivate** every individual. Our proactive approach places a greater emphasis on prevention and healthy living. The first 100 participants were given a T-shirt. **Special events** improve visibility of programs and facilities to many students that are not aware of the **SRC**.

PARTICIPANTS COMMENTS:

“Exercise: Is a Prescription for Being a Better Student”. Thank you for an awesome event. “

“It was a great event!” “Ms. Norma, you can count on a great team (STAFF). I am proud to be a UTEP student!!”

“The lady at station 4 is a beast!”

“I really enjoyed it. Hopefully this wasn’t the last one!”

SURVEY OUTCOME:

- 95% agreed that after having participated in the “Total Body Workout” event, they learned elements of a workout that will benefit them after graduation.
- 49% agreed they were-self motivated to attend the “Total Body Workout” event.
- 33% male participation, male participation increase

What motivated you to attend the event?

