The Loyola Exercise Science Program within the Parkinson School of Health Science and Public Health is at the forefront of creating professionals skilled in evaluating health behaviors and risk factors, as well as using effective oral and written communications within an interprofessional health care team. Through coursework and hands-on experience, students develop skills to conduct fitness assessments, write exercise prescriptions, and motivate individuals to practice positive health behaviors. To facilitate students' development, there is a need for a community focused on student well-being. Only through community can students become active and lasting members of the Exercise Science Program.

**Objective**
- The goal of this independent health and wellness module fits to serve as a support system for Loyola University Chicago's Exercise Science students for their academic and personal growth in the Exercise Science program.
- The module focuses on building a community for students based on physical activity and overall wellness, reflecting the structures in place for students of the Stritch School of Medicine.

**Methods**
- Utilizing the pillars of community/wellness, academics/achievement, and community/collaboration gave way to a heavier focus on student development and facilitating the work of the exercise science club, mentorship, academic, personal, and interpersonal expansion, and success.
- Population: Exercise Science Undergraduate Students

**Conclusion**
- The findings presented in our research display that in creating the wellness module and collaborating with the SSOM, there is an overall benefit in providing students resources that support academic development by facilitating personal betterment and health.
- In creating a sense and structure of community, the wellness module can serve as the foundation for growing the Department of Exercise Science at Loyola University Chicago from the inside out.
**Halas Recreation Center**

- Online classes
- Fitness assessments
- Personal training
- Equipment rental
- In person gym usage with reservations
- Pool
- Saunas
- Courts
- Water classes
- Locker rentals
- Full locker rooms with showers
- Rockwall

Membership Paid through Tuition*

- Covid-19 Precautions:
  - [https://www.luc.edu/campusrec/returntocampusrc/](https://www.luc.edu/campusrec/returntocampusrc/)

**Wellness Center**

- At Lakeshore and Water-Tower Campus
- Lakeshore:
  - Kinder care :
  - Dial-a-nurse
  - Flu shots
  - Wellness screenings
  - Emergency mental health services
  - Counseling
- Resource center for in network providers for students
- Health insurance
- Covid-19 testing

**Run Your World LUC**

- Mission: To create and foster a community of women who want to empower and motivate each other through a healthy lifestyle.
- Inclusive fitness classes and nutrition information
- Inclusive
- Women Empowerment : available to all Loyola students

---

**HOW TO GET ACCESS:**

**Halas Recreation Center**

**Location:** 6458 N Winthrop Ave, Chicago, IL 60660
**Hours:** Monday-Friday 7am-10pm
**Number:** 773-508-2602

**Life Fitness:** [https://go.lifefitness.com/wod](https://go.lifefitness.com/wod) - a variety of bodyweight "Workouts of the Day" and stretching/relaxation sessions.

**Matrix:** [https://matrixlearningcenter.com/us/exercise-library/](https://matrixlearningcenter.com/us/exercise-library/) - downloadable exercise short clips; provides information about proper form, positioning, and purpose of each exercise.

**Wellness Center**

**Location:**
- **Water Tower:** Terry Student Center
- **Lakeshore:** Granada Center 6439 N. Sheridan Rd., Suite 310
  - **Hours:** By appointment only Tuesday/Thursday 8:30 am to 5 pm

**Contacts:**
- LakeShore: 773.508.2530
- Water Tower: 312.915.6360

**Nutrition:** [https://www.luc.edu/wellness/nutrition/](https://www.luc.edu/wellness/nutrition/)
**Mental Health:** [https://www.luc.edu/wellness/mentalhealth/](https://www.luc.edu/wellness/mentalhealth/)
**Medical Care:** [https://www.luc.edu/wellness/medical/](https://www.luc.edu/wellness/medical/)

**Covid-19 Accommodations:** Virtual Counseling, Telehealth, Covid-19 Health Information

---

**Run Your World LUC**

**Location:** Loyola University Campuses
**Contacts:** RunYourWorldLUC@gmail.com
**Website:** [http://blogs.luc.edu/runyourworld/insideourworld/](http://blogs.luc.edu/runyourworld/insideourworld/)
**Covid-19 Accommodations:** Online Workouts and Social Distancing

---

**Why is this important?**

- **Halas recreation** center allows students and members to engage in wellness/fitness groups online and in person.
- Providing a variety of fitness outlets to create an inclusive and safe community based environment.
- **Physical activity** is one of the most powerful forces for good health. Physical activity helps prevent and/or treat many physical and mental health conditions by improving functioning of numerous physiological systems.
- **When you are active**, muscles produce compounds that improve functioning of the immune system and reduce inflammation. Thus, physical activity strengthens the two biological processes that react to the infection.
- **Being physically active** has important mental health benefits and encouraging people to be active could help many cope with ongoing stress and avoid psychological illness. [link](#)