

# Have You Herd?

Students Talk Wellness on Campus | Story Written by Ashlee Glaser | MM.DD.18 | www.\*\*\*\*\*.com

KEARNEY- The University of Nebraska at Kearney Wellness Center is a more than six-million-dollar health and fitness center that provides the UNK student body with an opportunity to stay active without having to travel off of campus.

All students at UNK are given access to the Wellness Center due to the fees being included in their tuition each semester. With a great amount of UNK's resources being placed into the Wellness Center, the hope is that most students will use the facility on a regular basis.

The front desk employees of the Wellness Center greet and swipe in all of the students as they enter the gym. They see many faces come through the gym and have the ability to recognize who comes in frequently and who may come in once or twice during a typical semester.

There are several factors that push students to work out; similarly, students have numerous reasons for not being physically active.

"In my opinion, I think that 75% of UNK students are not active due to work, class, stress, or laziness," said Nolan Harrington, senior Supply

Chain Management major and employee at the UNK Wellness Center.

Harrington has worked at the UNK Wellness Center since August of this year. "I do not think that UNK focuses a lot on the physical health of the UNK student body," said Harrington as he discussed the importance put on health at UNK. "I do believe that it varies major by major. The Exercise Science and Physical Education programs most likely promote physical health more than the Business program, for example."

Harrington also stated that most students who he sees workout at UNK, come in frequently and have a set training schedule.

"I work out at the UNK gym five days a week because it de-stresses me and it helps build my confidence," said Tiffany Feddersen, Junior Social Work major. Feddersen does her best to stick to a strict training schedule to ensure that she gets her workouts in. "I like it, but it is very busy at times, so there are minimal machines to use," said Feddersen.

"I work full time while also being a full time student, so I don't typically have

time to go to the gym," said Courtney Lauby, senior Family Studies major. "Occasionally I will go to fitness classes at Ktown Shakedown with my mom because they are fun, affordable and I am able to go at a time that works for me."

Many students know that the UNK facilities are offered for their physical health, but they utilize gyms off campus for other reasons. Senior Business Administrations major, Benjamin McDougall said, "I work out off-campus at Anytime Fitness."

McDougall is among the students that pay for a

membership at a different gym, despite their access to UNK's gym. "I was motivated to join friends at the same gym they were working out at. I also received a great deal on the membership," said McDougall

Overall, UNK makes sure that their student body has access to the Wellness Center; however, they could benefit from putting more student health initiatives into place to increase outreach to students that are currently choosing to work out at other gyms in town and to teach students about the importance of physical health.



Photo by Ruby Mendez

This is a look at the UNK Wellness Center front desk and into the gym area.