NEW NAME
NEW FACES
BIGGER IMPACT.

REC WELL

By now, you’ve noticed that campus recreation got a facelift. What was once a space known primarily for promoting physical fitness has now expanded to a playground where the campus community can nurture all aspects of their well-being.

Recreation and Wellness

Inspiring Minds, Cultivating Wellness

Our name change reflects the expansion of our offerings and aligns with growing trends in the collegiate recreation field as we work to positively impact the well-being of those we serve.

Our Mission

To inspire the eagle community by providing diverse and inclusive programs and services to cultivate lifelong holistic wellness.

Component Areas

Informal Recreation - Fitness Programs - Aquatics
E-Sports - Intramural Sports - Club Sports - Eagle Venture
Student Staff Development

Our Team

In addition to a new director, our department hired 3 early career professionals to serve as coordinators.
LET THE NUMBERS TALK.

**Facility Usage**
- 25,963 Fitness Center Visits
- 3,546 Gymnasium Visits
- 594 eSports Lounge Visits
- 432 Open Swim Participants
- 467 Group Fitness Participants

**Intramural Sports**
- 5 Sports Offered - 88 Hours of Play - 241 Participants

**Club Sports**
- Women's Flag Football - Soccer - eSports
- 3 Clubs - 35 Players

**Esports**
- 5 Tournaments - 146 Participants

**Eagle Venture**
- Whitewater Rafting - Ice Skating - Hike & Yoga
- 426 Participants
HIGHLIGHT REEL.

FROM LEFT TO RIGHT:
1ST ROW: BLACK COLLEGE CON (BCGA) VOLLEYBALL INTRAMURALS

2ND ROW: LATE NIGHT AT THE REC | PUMPKIN CARVING COMPETITION | WHITESTONE RAFTING

3RD ROW: WEIGHTLIFTING COMPETITION

4TH ROW: WRAP IT UP BLOCK PARTY (STUDENT HEALTH & USTA) | 10:40 FIELD DAY (SAB)

22 COLLABORATIONS
AS ONE OF THE LARGEST PROVIDERS OF ON-CAMPUS EMPLOYMENT, WE OFFER NUMEROUS OPPORTUNITIES FOR STUDENTS TO GROW, EXPLORE, AND SHOWCASE THEIR PASSIONS.

**JASMINE REDDICK ’23**
COORDINATED PUPPY DAY WHICH AMASS 200 RESERVATIONS

**JAELYNN BLANC ’23 & ZINZILI KELLEY ’23**
PRODUCED 17 DEMONSTRATION VIDEOS FOR THE STRENGTH MACHINES IN THE FITNESS CENTER

**TYRESE ABDULHAMID ’23 & JASMINE REDDICK ’23**
EARNED SCHOLARSHIPS TO ATTEND THE EMERGING RECREATIONAL SPORTS LEADERS CONFERENCE AND NIRSA’S ANNUAL CONFERENCE
A Recwell membership is a convenient way for faculty and staff to maintain a good work-life balance – whether it’s through a quick lunchtime basketball game or a rejuvenating workout and massage at the end of the day.

Memberships:

- 39 Members
- 11 On-campus presentations
- 10 New employee orientation
- 1 Management Development Institutes (MDI)
- $400+ contributed to programming each month

Events:

- Wellness Wednesday
- Staff Appreciation Day
- Stretch & Move
HOME IMPROVEMENT.

Just as you eat with your eyes first, the same thing goes for your workout. This year we rearranged, repaired, and added equipment to work up your excitement for your next exercise session.
FAN BEHAVIOR.

INSTAGRAM ANALYTICS

308,665 IMPRESSIONS - 9,877 ENGAGEMENTS - 3.2% ENGAGEMENT RATE

2,044 FOLLOWERS

TOP 3 POSTS

10:40 FIELD DAY RECAP
291 ENGAGEMENTS

PUPPY DAY RECAP
286 ENGAGEMENTS

TIREFLIP 180 REVEAL
208 ENGAGEMENTS

JOIN THE CLUB

FOLLOW US: @NCCURECWELL

*ENGAGEMENTS INCLUDE LIKES, COMMENTS, SHARES, AND SAVES