

Impacting Wellness: Fit for Life

A program partnership between the School of Physical Education and Tourism Management and IPS to improve the wellness of its students.

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Duration: 2:34

[J. Anderson] Fit for Life is a program that sends undergraduate exercise science, physical education, teacher education, and fitness and sports studies students into IPS schools to fill the wellness gap, to get the students and the staff a place to work out and a place to learn the correct and updated information about proper technique and safety.

IPS has a wellness policy that was created a few years ago by Audrey Satterblom and it requires that all IPS schools have physical activity available after school for non-athletes and most schools don't have anything that exists now to do that. So the three schools that we're in now have that.

This past spring we had 3,500 contacts with the IPS students between Howe and George Washington. They can just come work out and they can interact with each other, which I think is a good thing, it's a safe environment for them to interact with each other and to interact with IUPUI students. The IUPUI students, I think, really enjoy it because it's different; it's not sitting in a classroom, it's using the information you've already learned, and helping other people. I think they really get that and I think they really can see how it helps.

Up until they get involved with Fit for Life, they don't do any real communication with real life clients-- the real life people they would be working with, so this is a great opportunity for them to get that experience, learn what it's like to approach someone and say "Hey, you're doing that wrong, can I help you?" If they want weight loss, then we do weight loss; if they want to jump higher because they like to play basketball, then we help them do that. If they want to start doing body building, we'll help them do that. If they want to get into boxing, then we can kind of lead them, help them work out toward that goal.

We've actually had some IPS students say that they want to now go into the field of exercise science or teaching or strength and conditioning coach because of their experience with the IUPUI students, so that makes me feel good.