

MechSE WELLness

V08 Physical Activity Spaces

Intent: Promote regular physical activity and exercise by providing spaces (and if possible equipment at no cost).

Research conclusively proves that we must remain active to remain healthy and well. Despite this research and recommended guidelines by doctors and health professionals, many of us fail to achieve recommended physical activity levels. Key determinants are time, convenience, motivation, self-efficacy, weather, travel and family obligations, fear of injury, lack of social support, and environmental barriers. However, public green spaces, trails, and outdoor recreation areas are valuable assets to enable physical activity.

Impact: Availability of activity spaces has the potential to increase and improve physical activity and exercise.

What are the requirements to earn this credit?

1. Provide a green space or biking trail at no cost to employees and within 0.5 mile (800 meters) walking distance. Space must be available at least 75% of the year.

How is MechSE accomplishing these requirements?

LUMEB is within 0.5 miles walking distance of two beautiful green spaces, the Bardeen Quad and the Main Quad, open and available over 75% of the year. All types of active opportunities are encouraged! We see many walking, cycling, rollerblading, skateboarding, playing Frisbee, Spikeball, corn toss, etc. What game or activity could you encourage others to join you in at the quads? Get out there and play! MechSE is also looking into walking clubs, running clubs, cycling clubs, tournaments, and other ideas. Reach out to Human Resources with any ideas you may have to help us all stay active and well.

