How to Live a **LIFE IN MOTION**

**WHY IS LIVING A LIFE IN MOTION IMPORTANT FOR STUDENTS?**

There is evidence that physical activity can help improve academic achievement. The Ohio State Center for the Study of Student Life found the mean cumulative GPA for undergraduate Rec Sport users were 3.23 and 3.07 for nonusers. *(CSSL, 2018)*

Physical activity has been proven to impact your mental health by improving sleep, reducing stress and anxiety, and creating a sense of belonging. Participating in moderate-to-vigorous physical activity over longer durations (weeks or months of regular physical activity) reduces symptoms of anxiety in adults.*

**Employment**
- A variety of student staff positions; Lifeguards, Sport Officials, Personal Trainers, Fitness Instructors, Youth Camp Counselors and more!
- View current openings: [recsports.osu.edu/employment](http://recsports.osu.edu/employment)

**Group Fitness Classes**
- 100+ FREE fitness classes offered every week; Zumba®, yoga, cycling, circuit training and more
- Activate your fitness pass online before attending your first class

**Personal Training**
- Small group training and skill based instructional classes
- Private and partner Personal Training sessions
- Fitness assessment testing

**Intramural Sports**
- 30+ intramural sports
- Don’t have a team? Students are able to register as an individual for various indoor and outdoor sports

**Sport Clubs**
- 50+ sport clubs
- Varying degrees of skill and competition levels

**Outdoor Adventure**
- 90+ adventure trips available for academic credit

*Physical Activities Guidelines for Americans, 2nd edition published by The Department of Health and Human Services, Office of Disease Prevention and Health Promotion, 2018

**Where to Live a **LIFE IN MOTION**

From racquetball and squash to swimming, basketball, tennis, climbing and more, Student Life Recreational Sports has your health and wellness needs covered. Stop in any one of our facilities or visit us online to discover all that Recreational Sports has to offer to help you live your **LIFE IN MOTION**.