

The WELL

Who We Are

The WELL is a part of Union WELL Inc. which is a proud member of the Sacramento State Division of Student Affairs. Our mission is to inspire lifetime wellness through collaboration, education and innovation. The WELL at Sac State is a new modern 150,000 square foot recreation and wellness facility. The WELL was built in 2010, and will undergo an expansion in 2020.

Union WELL Inc.

- Exists for the benefit of students, offering a welcoming environment in which students, faculty, staff and alumni may participate in campus life.
- Attracts the greater community to educational, cultural and social experiences at Sacramento State
- Realizes potential when it fosters personal growth, encourages social interaction and provides opportunity to develop leadership skills through programs, services and facilities
- Leads to memorable experiences and fosters a community that cultivates enduring commitment, pride, and loyalty to the University.

COVID Restrictions and Closures

- Main building was closed the entire year of 20-21
- Opened up an outdoor fitness operation in Parking Structure 3 that consisted of over 90 pieces of equipment in about 28,000 square feet of space
- Offered in-person group fitness classes (limited sizes) as well as virtual classes and programming
- Personal Training did not function in-person, and many of our Intramural Sports offerings could not occur

Programming, Services and Facilities

Aquatics

- Swim lessons were not offered this year due to COVID
- A total of 1,449 participations counted at the pool in 20/21

Climbing Wall

- 21 participants out of 34 completed the Virtual Mile High Challenge, which is where participants hiked, climbed, or rode the equivalent length of one mile

Informal Recreation & Equipment Checkout

- Informal Recreation covers all drop-in sporting activities that members enjoy such as basketball, volleyball, soccer and badminton
- Our activity spaces were closed due to COVID-19, therefore we were unable to offer our Informal Recreation and Equipment Checkout services

Event Services

- The WELL features three conference suites which are carpeted with in-house sound, built-in screens, video projectors, and a variety of table/chair setup options. The WELL's activity spaces include three fitness studios, a Multi-Activity Court and the Gym Box (four basketball courts)
- Activity spaces and conference rooms were closed due to COVID-19 as well as WELL Expansion construction

Fitness

- In 2020, Personal Training launched a virtual Hustle from Home program, free to students and members
 - Hustle from Home Personal Training program had over 175 registered clients

Group Fitness

- Overall participation in Group Fitness was 6,510 participations in 20/21
- Over 38 Group Fitness classes were offered each week
- There were 48 participants who participated in Self Defense classes

Intramural Sports

- The Intramural Sports program, in 2020-2021, consisted of 9 special events, which included approximately 204 participants. These events consisted of both virtual events and in-person single-day tournaments as we pivoted due to COVID

Marketing

- Social media has been a tremendous resource for The WELL with engaging with people from the campus community. We experienced a slight increase in Social Media engagement, particularly in Instagram activity which experienced a 3.6% increase in 20/21. We are now narrowing in on 11,000 followers on Instagram
- Facebook, Instagram & Twitter: wellsacstate

Membership

- Data was unreliable this year in regards to student membership and enrollment numbers due to COVID
- Non-student Membership option was not offered this year due to COVID restrictions
- While our main facility remained closed, there was a daily average of 192 check-ins for our Parking Structure Fitness Operation
- There was a total of 38,267 check-ins for the entire year for outdoor fitness programming and our Parking Structure Fitness Operation

Recreational Therapy

- Our Recreational Therapy (RT) program strives to implement and facilitate inclusive and specialized recreation and leisure pursuits that provide opportunities for members of all abilities and backgrounds to recreate together
- This year we were able to engage with 390 participants and volunteers in our Recreational Therapy Programing which was a result of expanding our offerings to include the Semester Prep Workshops, Mindfulness, Inclusive Fitness, Unified All-In-Recreation, Individual Recreational Therapy sessions, Outdoor WELLness, Virtual Admitted Students Day, Virtual College Championship week- (Reaching 8,556 Accounts), Youth Athlete Program with Special Olympics, Championship Support Group and Accessibility Trainings (Inclusion, Social Media, Classroom Trainings).
- Rec Therapy continued to prioritize recruiting quality volunteers, training these volunteers on the value of inclusion and the skills needed to facilitate adaptive sports. In 2020-2021, there were 146 hours contributed by our volunteers, totaling 4298 in time donated (based on a rate of \$29.95 per hour value indicated by Independent Sector).

Special Events

- Our Special Events department oversees our annual events such as the 5K Fun Run and WELLcome Back as well as Frosh Nights for incoming students over the summer
- Our annual Sac State 5K Fun Run was held virtually and had 443 participants and 93 dogs registered
- The Sac State 5k Fun Run philanthropic efforts continued and we were able to donate \$8,000 this year
- Our annual WELLcome Back event had 159 active participants

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[The Well Website \(https://thewellatsacstate.com/\)](https://thewellatsacstate.com/)