

# KEEPING UP WITH CAMPUS REC



## WELCOME BACK!

Welcome back, Rams! Spring semester is here, and Campus Rec is ready to help you recharge, reset, and reconnect. Whether you're returning to your favorite group exercise class, trying a new intramural sport, or simply seeking a place to relax and unwind, our doors are open, and our community is here for you. As we settle into the new semester, we will strive to uplift our mission to help you to **Be Active. Be Well. Belong.** Let's make this semester powerful, balanced, and full of memories!

## UPCOMING EVENTS

**BodyPump #134 Launch:** Campus Rec is launching Body Pump #134, the original Les Mills™ barbell class featuring new music and movements, on January 27th. Registration is open now, sign up and experience this high-energy class through IMLeagues.

**Dodgeball Tournament:** Campus Rec's Dodgeball Tournament will be held February 20th in the Keaney Gymnasium. Free to all students, be sure to sign up through IMLeagues.

**Self Defense:** Build confidence and learn practical safety skills in our Self Defense Class, led by Sensei Brett Geabe, on March 11th in the Anna Fascitelli Fitness and Wellness Center. Registration opens at noon on March 4th through IMLeagues.



Find our hours here!



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# NEW YEAR, NEW GEAR

Both Anna Fascitelli Fitness & Wellness Center and Mackal Field House's Weight Room have new strength & conditioning equipment! With all new Matrix machines, dumbbells, half and full racks, platforms, and more, our facilities are upgraded and ready for student use. Campus Rec strives to support students in achieving their fitness goals by providing the best equipment and space to do so. Be sure to check out our new and improved spaces, try something new, and challenge yourself to elevate your workout routine.



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**RR CAMPUS  
RECREATION**

## STUDENT EMPLOYEE HIGHLIGHT

Meet Emily Nigro, a personal trainer with Campus Rec, whose passion for fitness has allowed her to find meaningful ways to help others find confidence in their own bodies. After years of informal training with friends and family, she became certified with a focus on functional fitness and mobility, skills that benefit clients of all ages.

While assisting with campus weight workshops, training the URI Sailing Team (a team effort), and doing one-on-one sessions in Mackal Field House, what motivates her the most is hearing clients express that the progress they've made together has inspired them: *"It truly warms my heart and makes me feel like I'm making a difference."*

Through Campus Rec, Emily has improved her leadership, teamwork, and communication skills, which supports both her long-term goal of becoming a sports dietitian and her role as a research mentor. She values the flexible schedule and collaborative team environment that promotes learning from one another.

This semester, Emily Nigro was named Employee of the Semester within her program area, a recognition that enabled her to look back, acknowledge her achievements, and feel proud of their first semester with the team.



**Emily Nigro | Personal Trainer**



### Campus Rec Fun Fact!

Campus Rec  
is URI's **#1**  
student employer!

## WE'RE HIRING!

Get involved this semester through Campus Rec's many employment opportunities! With over **375 student employees**, Campus Rec is the number one employer on campus. These job opportunities allow students to gain valuable work experience, build leadership skills, and get connected within the URI community. With seven different programs, there is a wide range of positions that open throughout the semester. Ranging from workout instructors to referees and even to marketing positions, there is something for everyone! Check out all available positions on Handshake.



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## THE YEAR SO FAR: OUR TOP BLOGS

[\*FITGO Recap\*](#) by John Almy

[\*Family Weekend At URI\*](#) by Erin Mullaney

[\*RAM Swim 101\*](#) by Erin Mullaney

[\*Drop, Swap, Shop\*](#) by Erin Mullaney



## WELLNESS VIBES AT FLOURISH FEST

On Wednesday, Sept. 17, URI Campus Recreation hosted our fourth annual Flourish Fest out on the quad! This event brought together 45 booths and organizations across the URI community to support programs and services that aim to boost student's lives in all areas, including physical, emotional, financial, intellectual, environmental, spiritual, and social well-being. FloURish Fest upholds our mission of Campus Recreation to "be active, be well, belong" by offering many ways to truly connect and find your community.

### Let's Get Physical!

Physical wellness is important and is one of the many areas we promote at Campus Recreation. At FloURish, many clubs of the URI community, such as the Public Health Club and Club Sports promoted fitness and well-being. Some tables even handed out eco-friendly tote bags, stickers, and resources to keep students informed. What really caught students' attention was the famous rock climbing wall brought by the National Guard and Army ROTC. Students eagerly raced their friends to the top while also being educated on the ways of life in the army. People were also very enthusiastic about Bubble Soccer, a fun and unique sport where players wear inflatable bubbles as they try to get the ball into the opposing team's net that allows players to bounce, roll, and collide without injury. Who said exercise couldn't also be fun?

Physical wellness also goes beyond just exercise. Giving your body the nutrients it needs is another way to be active with students enjoying refreshing watermelon. With fruit being handed out by the URI Agronomy Farm, one of our dining services on campus. You can't be physically active on an empty stomach! Many students also participated in Intramural Sports, which organized lawn activities like spike ball and emphasized Campus Rec's mission, giving students the chance to have fun while staying active, interacting with their peers, and learning all about what URI has to offer.

### Social & Spiritual Wellness

Social wellness is an excellent way to promote community building. Whether you're an incoming freshman like myself, or a senior, FloURish Fest promotes this through advocating a sense of belonging and well-being. This year, we had over 1,200 students in attendance! For those wanting to get involved in campus life and build that sense of community, FloURish Fest offers a wide array of clubs and organizations to spark your interest! Also in attendance were many faith-based organizations such as Sojourn, which is built around community, justice, and strives to be a safe-space to explore faith. Across from one of the booths I worked at where we handed out FloURish Fest t-shirts and lanyards, they had a tie-dye station where students got to learn about Sojourn while making friends and getting creative with their t-shirts! With the lanyards I helped pass out to students who came up to our booth, many were excited about how they could use them as a way to explore other booths for a chance to win one of the many raffle prizes FloURish had to offer. These prizes included baskets with school merch, gift cards, and other goodies from sponsors. Some students talked about how they got involved during the event; "I liked it. I was able to explore some internships that were being offered at schools nearby and took advantage of the food that was offered!"



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## Practicing Financial & Intellectual Wellness at FloURish

Intellectual wellness was widely advocated all throughout FloURish with many education-related clubs like Kinesiology Club, a great way to build networking opportunities and connections outside the classroom. If you are considering going on the pre-dental track, the Pre-Dental Club encouraged students to explore volunteer opportunities and fully guides students through the dental school admissions process. Partnering with FloURish Fest, the College of Business hosted their Block Party. This gave students the opportunity to explore the different business clubs here at the university such as Women in Business and the Supply Chain Management Club. With financial well-being, the Rhody Outpost was able to talk to students about their basic needs pantry for students experiencing food insecurity. The pantry is managed by the Dean of Students Office and staffed by community and student volunteers. The Outpost provides fresh and non-perishable food and personal items at no charge to students with its motto #NoRamHungry.

## Environmental & Emotional Wellness

Environmental wellness is all about feeling good and taking care of the spaces around you. On the quad, the Engineers for a Sustainable World advocated their mission of addressing campus environmental challenges through hands-on projects and collaboration. They encouraged students at FloURish to not only look into what they do, but empowered them to contribute to a more sustainable yet inclusive and impactful environment.

Emotional wellness is all about balancing and expressing your emotions in a healthy way which is important for thriving in college. With exams and other obstacles during this transition into adulthood, it can feel overwhelming. But with clubs and organizations such as the Music Therapy Club, using the resources around you is a great way to keep yourself emotionally grounded. The Music Therapy Club, one of the booths promoting emotional wellness at FloURish, provides students with direct support to further educational and personal goals. They also serve as a safe space to share and expand the knowledge of Music Therapy while also advocating for emotional well-being.

At FloURish, Health Services spoke to students about the services they offer on and off campus. Handing out resources to students, this included Health Services on Butterfield Rd, the Counseling Center located at Roosevelt Hall, the Gender and Sexuality Center, and lifeline contact information. As college can be a challenging time, it is key to know the resources available around you to support your mental health.

Our fourth and annual FloURish Fest proved to be yet another successful turnout! Many student organizations and clubs were able to promote their resources and how it ties into the well-being of our community here at URI. Events like FloURish are important as a way to get students involved and excited, with in-person interactions, about finding their place in college. It shows just how influential in person events can allow students to get out of their comfort zone and explore all that campus life has to offer.

Be sure to check out our Campus Rec channels for future updates and events!

By Aaliyah Holford



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