

To: The University's Welfare Department

From: Xuening Li

Subject: Fitness Program for University Students

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The purpose of this memo is to present my impression on the type of fitness programs that will benefit university students in respect to their fitness goals. The memo will also aim to inform the university's welfare authority on the benefits of this fitness programs.

Summary

The challenges that university students undergo while looking for a befitting fitness program will be focused in this memo. Fitness programs among university programs have been found to benefit the student in a positive manner, both psychological and physical. The university authority responsible for the welfare of the students should enhance that there is a comprehensive and customized fitness center that befits the students in the university.

Introduction

The physical fitness of any individual is very vital since it reduces the health costs in the long run. Despite the benefits associated with physical fitness, university students find it very difficult and challenging to enroll in a fitness program (Miller et al, 2008). This is because of their strict schedule that prompt them to concentrate of academics. Such a trend can be very dangerous because some students can end up being obese. The chronic diseases that associated with obese include cardiovascular disease, cancer and diabetes. These diseases can be minimized and avoided if students start engaging in physical activities earlier, and that is why a physical fitness program is very beneficial every student.

Research methods

The research methods used for the study were both primary and secondary. The primary methods included questionnaire and interviews. The questionnaires were distributed to the students in the university while the interviews were made face-to-face with health practitioners of the school to determine the health risk that are associated as a result of not engaging in a physical fitness activity.

Results and Discussion

The results of the research indicated that majority of the students are willing to participate in fitness programs but they don't have the ample time to do so. It was also confirmed that of physical activity is a health peril to the students. Though fitness goals might differ from one individual to another, the overall goal of "being healthy" can't be ignored in any fitness program that an individual might choose. Therefore, the university authority should consider making some fitness programs a compulsory co-curricular activity to promote the health-being of the university students. The programs can benefit the country in the long term by reducing the medical costs that are associated chronic disease (CDC, 2009). The fitness program should be

made very interesting to the students, such that no student will wish to discontinue from the program.

Recommendation

The importance of fitness program among the university student can't be overruled. Therefore, the university authority should invest state of the art of physical fitness equipment. It will be very important to also make sure that fitness programs are encouraging, motivation and fun (Anderson, 2003). This will deter students from discontinuing the fitness program. It is also highly advisable to include some nutrition lessons in the fitness programs since fitness and nutrition have been asserted to be synonymous. For instance, the rec already has state of the art fitness equipment for the most part, they could add some more free classes and teach them how to properly use the fitness equipment to each student, also, they could teach them some how to hit right macro nutrients.

Additionally, we can do some advertising, and hiring people who go to rec pretty often or have fitness working experience as volunteer to implementing the recommendations.

Conclusion

It was evident that the fitness program is very fundamental in making sure that the overall health of a student is ensured, despite the student's fitness goal. If this is achieved the students will be both physically and psychological fit in their day-to-day activity.

Work Cited

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