

University colleges join the fight for fitness

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[摘要] 17 January 2007, Three UQ colleges have formed exciting new partnerships with UQ SPORT in a bid to encourage their students to be healthier and happier at university. Fighting against the "fresher spread"? a term used to describe the weight new students put on in their first year of university, Cromwell College, International House and St Leo's College have proposed a new initiative to promote the benefits of active lifestyles.

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Through their partnerships with UQ SPORT, International House, Cromwell and St Leo's College students will be provided with "College Lifestyle passports"? giving them access to a wide range of sports facilities and programs at the

The initiative has been welcomed as an important step in promoting an active mind, active body philosophy amongst the college communities, and shows that colleges are committed to taking their students' health seriously.

Head of Cromwell College Reverend Dr Hugh Begbie said while the initiative for the arrangement came from college management, the response amongst the resident body had been positive.

"This partnership enables Cromwell to continue its commitment to providing an extensive range of services to its residents," Reverend Dr Begbie said.

"It's an opportunity to gain an all round educational and life experience during their time in college.

"The current arrangement is experimental and will be monitored during 2007, but it is hoped that many of the residents will take the opportunity provided to improve their wellbeing."

Head of St Leo's College Brother Vince Skelly said the new partnership was about helping college students achieve a balanced lifestyle.

"You only need to look at what UQ SPORT is about in terms of healthy living, enjoying our environment and just getting more out of life to realise that it's a great philosophy to promote to our residents," Br Skelly said.

"Young people need plenty of exercise, and the more you can make that available then obviously people are going to be a lot happier, they're going to enjoy life a lot more and get a lot more out of being at the university.

"St Lucia is such a great campus and a great setup that you want people to be able to take full advantage of that," he said.

Although all ten colleges have their own in-

house sporting facilities, Cromwell, International House and St Leo's are the only colleges to boast this new partnership, which is bound to make them a popular choice among prospective students.

As part of their enrolment in Cromwell College, students will be provided with unlimited access to the gym, cardio and pool for twelve months, membership to UQ SPORT, a nutrition seminar as well as a personalised health assessment

St Leo's College students will gain access to the pool, beach volleyball and indoor volleyball courts at off-

peak times, including access to Oval 2 and a fitness consultant at the College's onsite gym for three hours per fortnight.

International House will receive gym and cardio access, along with limited use of the indoor sports pavilion (ISP) and two lifestyle classes per week held onsite at the college.

