

### Mission

[FITTED] is a student-initiated, student-run program designed to raise and retain consciousness of holistic health by providing free fitness and educational services to underrepresented student leaders on the UCLA campus; we do this through the initiation of dialogue between diverse groups, as well as collaboration and partnerships, in order to create a welcoming environment that promotes personal growth amongst these students, and ultimately influences them to permanently incorporate the themes of our program as a way of life.

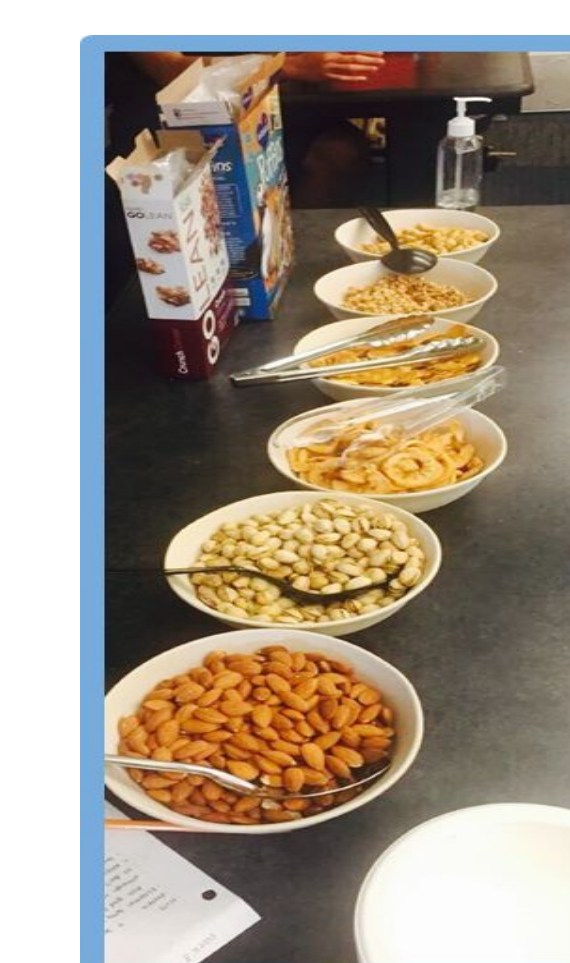
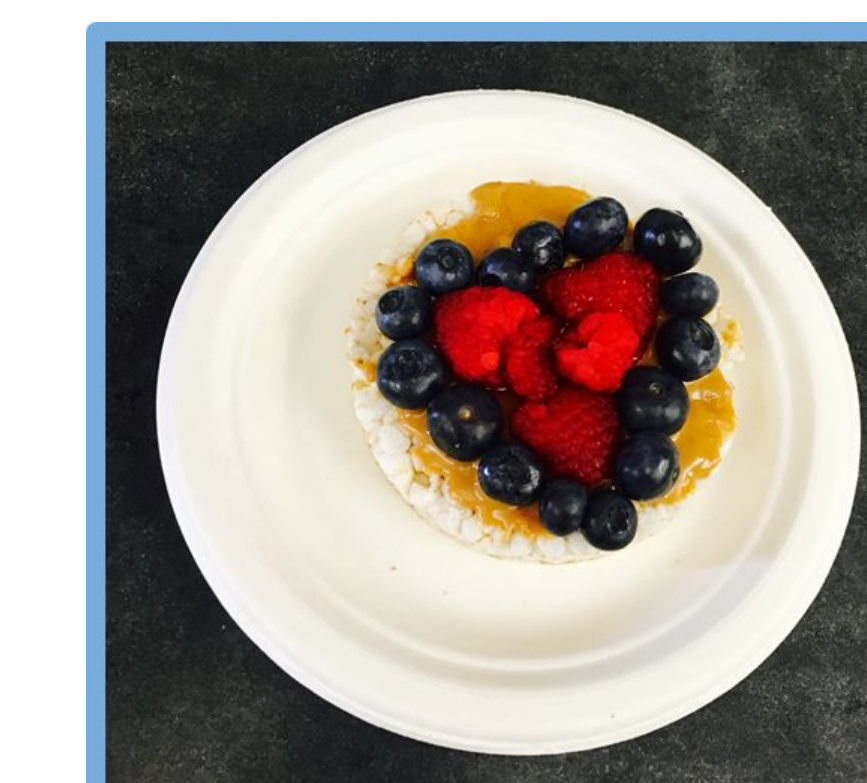
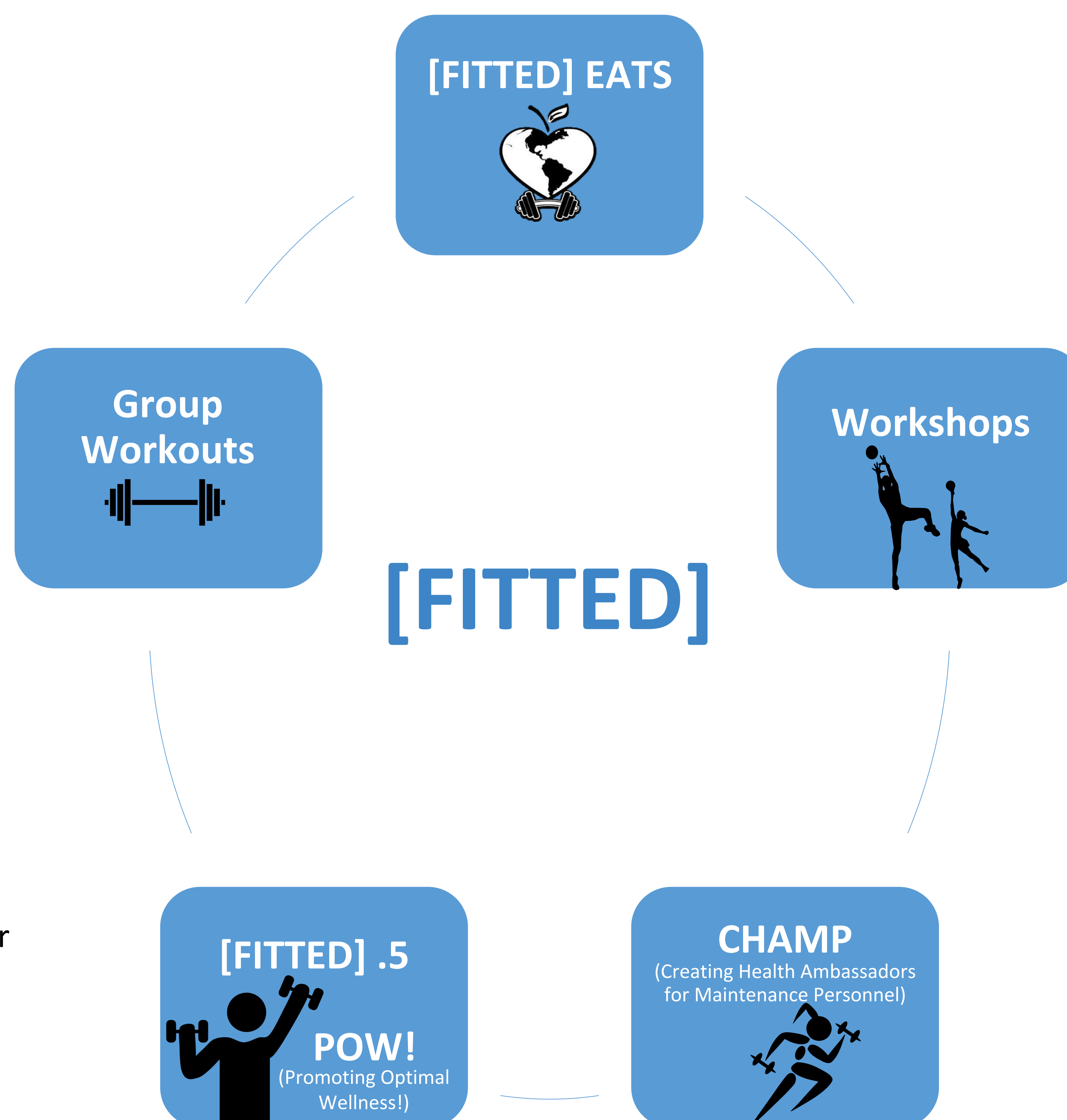


### Why [FITTED]

It has been found that participation in all types of physical activities declines strikingly with increasing age. UCLA students tend to disengage from physical activities due to rigorous academics, work, extracurricular activities, and commitments to serving their community. By promoting physical activity and providing resources for a healthy lifestyle especially amongst high risk minority student populations, [FITTED] helps prevent and reduce health threats.

### What We Do

[FITTED]'s core components provide: free group workout sessions, free health education courses, and free engaging wellness workshops. The core components entail essential physical training tools such as proper technique and form, a safe and comfortable environment, invaluable health information, and alternate ways of staying active.



### When and Where

**Workouts**  
Mondays & Thursdays 4:00-5:15pm in Pardee Gym

**[FITTED] EATS**  
Tuesdays 4:00-4:50pm in the Student Activities Center

**Workshops**  
3 times every quarter (about once every 3 weeks)

### Acknowledgements

Thank you to Jane and Terry Semel for their vision, support and leadership of the Healthy Campus Initiative, and for the HCI campus leadership, including Chancellor Gene Block, Executive Vice Chancellor Scott Waugh, and Associate Vice Provost Wendelin Slusser.