

## **STUDENT SENATE BILL 2023-1155**

**TITLE: Resolution Requesting Exercise Classes to Promote Mental Health and Wellness in Student Recreation Centers**

**AUTHOR(S): Senator Jillian Sparkman, Senator Jordan Neidenberg**

**SPONSORS:** Member at Large Isabel Ponce, Senator Monish Vijayaraghavan, Senator Eric Oh, Senator Samantha Kinggard, Senator Laurie Wang, Senator Owen Lekebusch, Senator Saketh Damara, Senator Matthew Reich

**WHEREAS**, mental health issues have become increasingly prevalent among college students, with up to 44% of college students reported having symptoms of depression and anxiety [1]; and,

**WHEREAS**, the COVID-19 pandemic has added to the stress and anxiety experienced by students, further emphasizing the importance of mental health support [2]; and,

**WHEREAS**, physical exercise has been scientifically proven to reduce stress, anxiety, and depression, promoting overall mental well-being [3]; and,

**WHEREAS**, specialized exercises such as yoga are known for their therapeutic effects on mental health, combining physical exercise with mindfulness and relaxation techniques [4]; and,

**WHEREAS**, the University of Florida has existing student recreation centers equipped with the facilities to provide specialized exercise programs [5]; and,

**WHEREAS**, a collaborative partnership between Student Recreation and the Counseling & Wellness Center could create specialized yoga classes for mental health, designed with scientific and therapeutic guidance; and,

**WHEREAS**, promoting and designing these classes to cater specifically to mental health and wellness could provide an accessible and supportive environment for students to cultivate emotional well-being; and,

**WHEREAS**, engaging with a schedule of regular yoga classes for mental health, beginning in the Fall Semester of 2023, could provide consistent support for students in need; then,

**THEREFORE, LET IT BE RESOLVED** that the University of Florida Student Senate recognizes the importance of mental health and wellness and endorses the creation of specialized yoga classes designed to support mental well-being.

**THEREFORE, LET IT FURTHER BE RESOLVED** that the University of Florida Student Senate encourages the partnership between Student Recreation and Counseling & Wellness Center to promote and create such classes, leveraging both recreational and therapeutic expertise.

**THEREFORE, LET IT FINALLY BE RESOLVED** that the University of Florida Student Senate recognizes the need for immediate action in this area and encourages the development and promotion of new classes for the benefit of the entire student community.

*Proviso: A copy of this resolution shall be sent to University of Florida President Ben Sasse, Vice President for Student Life Heather White, Director of Recreational Sports Laura Hall, Assistant Director of Fitness and Wellness Jessie Furman, Director of Counseling & Wellness Center Ernesto Escoto, GatorWell Director Monica Webb, and Student Body President Olivia Green.*

[1] <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/college-students-and-depression>

[2] <https://www.nature.com/articles/s41591-022-02028-2>

[3] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>

[4] <https://www.health.harvard.edu/staying-healthy/yoga-for-better-mental-health>

[5] <https://recsports.ufl.edu/fitness/personal-training/>