

Fit Green Happy™

*Items either completed or in progress

1. Assessment

- *Fitness Assessment - quick
- *Green Literacy Survey including time spent outside
- *Oxford Happiness Inventory
- *Social Justice/Equity
- Faculty /Staff assessment
- *Campus surveys
- Initial assessment done during Orientation or FYS
- On-going assessment done??

2. Program - Fit

Fitness & Facilities

- * Copper
- * Bartlett
- * Independent workouts
- * Organized classes/offerings
- No Smoking
- Count Steps
- Exercise is Medicine
- Healthier TN
- * Imbedded in Academics
- * All In Mountain Challenge staff
- * Exercise is Medicine ® Gibson Grant

Outdoor Fitness & Facilities

- * Area lakes, rivers, trails, parks, climbing venues
- * Adjacent to 18 miles of Maryville/Alcoa Greenbelt paved trails
- * Walkable campus
- * MC Woods & 5 miles of trails
- * Camp 4
- * Mountain Challenge open trips
- * Imbedded in Academics
- Mindfulness

Food

- * Food as an attracter and Admissions stuff
- * Local food in dining hall
- * Food quality

3. Program - Green

- * Infused in Academics - Green Curriculum

Forest Bathing

*Outdoor Classrooms

Time outdoors

*White House Pledge on Climate Change

*US Green Building Council (LEED) certification

*Environmental Initiatives Office

*AASHE/STARS/Sierra Club Cool School List

*Sustainability tours

*Recycling

*Green Room Certification

*Energy Reduction

* All In Mountain Challenge staff

Green video snippets.

4. Program - Happy

Service

Intentional Positive Actions (IPA)

*Academics (e.g. C'mon Get Happy)

Jingle Bells sabbatical

*Relationship with fit, green

5. Program Evaluation

Assessment on-going

*Participant #s

*Participant written evaluations

Total engagement time

*"Certifications" and data

*Trends and improvements

6. Student Enterprise

Faculty "led" research & Senior Studies

*Internships, SPE

*Student-run business

Analytics office

*Multi-discipline

7. Involvement

*OST faculty

Haydu

Flynn

Guillaume

Murphy

Steeves

Student Development/Res. Life

*Enviro faculty

O'Gorman

Schwarte

Gunnoe

*Psychology faculty

Schmeid

Schratter

Colter

Shiba

*Gallagher

*Communications, Eldridge

*Admissions, Sweet

*Athletics

8. Incentives

Recognition

Drawings

Stickers

Drawings

9. \$\$

*Mountain Challenge

*Camp 4

*Mountain Challenge Alumni - Coyote, Genius

*UT Green Economy Initiative

Other UT interest

Brooks School

Gibson