Whereas the CDC shows physical activity contributes to the following:

- Control of your weight
- Reduces your risk of cardiovascular disease
- Reduces your risk for type 2 diabetes and metabolic syndrome
- Reduces your risk of some cancers
- Strengthens your bones and muscles
- Improves your mental health and mood
- Improves your ability to do daily activities and prevent falls, if you’re an older adult
- Increases your chances of living longer

Whereas Middlebury’s only gym equipment is in the Fitness Center and Cardio Balcony in the Athletics Complex, which is between a quarter mile and mile from most dorms;

Whereas students with injuries or disabilities have a difficult time walking to the fieldhouse, especially in the winter;

Whereas there is a student-run YouPower spinning room in the FIC, which is very successful and popular, but students must be enrolled in a class or have building access to use the bikes;

Whereas the Fitness Center is only open from 6am-10pm on weekdays, 6am-9pm on Fridays, 9am-7pm on Saturdays and 9am-9pm on Sundays;

Whereas it is often difficult to find time to go to the Athletics Complex, and the Fitness Center equipment is often full at popular times after classes between 4:30 and 6:30PM;

Whereas weather often inhibits students from outdoor exercise and students would benefit from easy access to centrally-located cardio equipment;

Whereas Middlebury strives to create inclusive spaces on campus, and the fitness center and field house is intimidating for many, especially those who don’t align with the perceived Middlebury gym-goer body type;

Whereas there are available spaces on campus that can easily accommodate gym equipment;

Therefore, be it enacted...
That the SGA supports the installation of two or three cardio machines—ellipticals, treadmills, or bikes—during fall semester 2017 in one or multiple locations on campus, such as the Forest lower-level lounge and Gifford basement or another central location that can be accessed 24-7.

Respectfully Submitted,

Rae Aaron, Feb Senator
Lily Wilson, Junior Senator
Annie Cowan, SGA Co-Director of Athletic Affairs
Kate Reinmuth, SGA Co-Director of Athletic Affairs
Sarah Yang, Community Council Member
Holley McShan, Community Council Member
Hiruy Ephrem, SGA Co-Deputy Chief of Staff
Sarah Champ, EveryBody President

Vote Count

In favor: President Toy, Senator Lantigua, Senator Cohen, Senator Pustejovsky, Senator Wilson, Senator Waddell, Senator Duran, Senator Fleischer, Senator Aaron, Senator Goldfield, Senator Hayes, Senator Ou, Senator Wright (Proxy), Senator McCarthy,

Opposed: Senator McCormick, Senator Andrews

Abstained: None

Absent: Co-Chair Sanderson

S2017-SR15 passes 14-2-0