



WWU Faculty & Staff Wellness Program

Top 10 FAQs

1. What is the mission of WWU's Faculty & Staff Wellness Program?

The FSWP's mission is to create a supportive environment that encourages a healthy lifestyle encompassing all dimensions of wellness. We are committed to educating, facilitating, and supporting decisions and actions of wellness by Western employees.

2. How did the program get started?

The original proposal for the program was written in 2005 and later managed by HR until Kaylee Lovelady was hired as a full-time wellness administrator in 2010.

Nutrition became a component of the program in winter 2018 when Darcie Hill, RDN, was hired as the faculty and staff wellness administrator.

3. How do I get involved?

To sign up for a fitness class you might have an interest in, click the class in the program list. Each class has an individualized page to provide more details.

A personal nutrition consultation request can be directed to Wellness Administrator Darcie Hill via email at Darcie.Hill@wwu.edu.

4. What classes are offered?

We offer several classes each quarter, for example spin, running, Zumba, swim, T'ai chi and many others from 6:30-7:30 a.m. and 12-1 p.m. These classes are typically located in the Wade King Student Recreation Center or Carver Gym. A full list of classes offered can be found [here](#).

If there's a class not listed that you would be interested in participating in, email us at wellness@wwu.edu or call (360) 650-3386.

5. How much do classes cost?

Prices for each class may vary from \$15-\$85 based on equipment needs.

6. Who currently participates in the program?

About 300 employees participate in our classes every quarter. A majority of these individuals are staff, though we would love to see more faculty to get involved.

7. Do students participate in the program?

The program is focused on serving WWU faculty and staff. We hope to offer a safe, comfortable environment for employees to practice all dimensions of wellness with their peers.

8. I don't exercise much. What about beginners?

The [First Step program](#) is a great option for anyone hesitant to jump into our classes. The program is free for any member of the recreation center and includes five personal training sessions.

9. Who teaches the fitness classes?

Most of our classes are taught by Western employees, with an exception of three instructors from the Bellingham community. We encourage anyone who has expertise or passion for wellness to get involved as an instructor.

10. Who do I talk to about partnering with the program?

Our faculty/staff wellness administrator, Darcie Hill, is the primary contact for establishing partnerships. Please direct emails to her at Darcie.Hill@wwu.edu or call (360) 650-3386.