

00:00 - Hi, my name is Ashley Van Vechten, I use she/her pronouns,
00:03 and I serve as the head women's soccer coach
00:05 in the athletics department.
00:07 I help oversee the Michael and Larry Smith Fitness Center,
00:10 located on the first floor of the Ridgeway building.
00:13 The fitness center is open to all students, faculty,
00:15 and staff at Suffolk who want to work on their physical,
00:17 mental, and spiritual wellbeing.
00:20 The fitness center is open six days a week
00:22 with early and late hours to fit all schedules.
00:25 Reservations are not required.
00:27 All you'll need to enter is a Suffolk ID.
00:29 Whether you've exercised your whole life
00:31 or are just beginning your fitness journey,
00:33 the fitness center is a welcome environment for everyone.
00:37 In particular, we know students of color at Suffolk
00:39 face societal inequities that can lead to elevated mental
00:43 and physical stress while at school.
00:45 Physical movement and exercise is one of the healthiest ways
00:48 to combat stress levels
00:50 and our team is committed to providing an inclusive space
00:53 where all Suffolk community members
00:55 can comfortably focus on their health and wellbeing.
00:58 We hope you'll take advantage of the fitness center
01:00 and encourage you to stop by to the Ridgeway building
01:02 to check it out for yourself.
01:04 Thank you.