

News Release

UMN Crookston recognized by Exercise is Medicine® for efforts to create culture of wellness on campus

By Jess Bengtson - University Relations on Friday, September 2, 2022

The University of Minnesota Crookston is one of only 158 universities and colleges around the world to be honored by Exercise is Medicine® for its efforts to create a culture of wellness on campus.

"With the focus of EIM, it has pushed us to more activities," explains Kolby Castillo, assistant athletic director of facilities/events and director of the Wellness Center.

Other EIM-OC related activities at UMN Crookston include Zumba, H.I.I.T. and more popular classes. The Wellness Center has also added QR codes on all exercise machines to help show people how to use them.

"We are thrilled to recognize these campuses' commitment to make movement a part of daily campus culture and give students the tools to cultivate physical activity habits that will benefit them throughout their lives," said Robyn Stuhr, Vice President of Exercise is Medicine.

Of the 158 campuses recognized this year, 73 received gold, 60 silver and 23 bronze. All gold, silver and bronze universities and colleges were officially recognized on June 1 as part of the 2022 Exercise is Medicine World Congress.

EIM-OC calls upon universities and colleges to promote physical activity as a vital sign of health and encourages faculty, staff and students to work together to improve the health and well-being of the campus community.



Photo caption: Assistant Professor Anita Gust accepts UMN Crookston's recognition certificate at the May conference in San Diego

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