

A GUIDE FOR PA PROGRAM STUDENT  
SOCIETIES

# Health & Wellness Chair



**Created By:** The AAPA Student Academy Leadership Volunteer Group  
Leadership Volunteer Group Co-chairs: Jillian Goles, Shenandoah University and Brielle Smith,  
University of Colorado Denver

## Introduction

This guide was created in fulfillment of resolution 2015-04 submitted during the AOR meeting at AAPA's Conference last spring. The resolution emphasized overall wellness amongst students. The Leadership Volunteer Group collaborated to construct this document, which aims to provide all PA programs with a universal understanding of the benefits of a Health and Wellness Chair within student societies.

The Student Board of AAPA and the co-chairs of the Leadership volunteer group would like to thank the following individuals for their efforts in creating this resource:

Cassandra Bogdan, Elon University

Tonya K. Costagna, Jefferson College of Health Sciences

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Ryne Graham, Mississippi College

Jeri Reid, Clarkson University

Lindsey Wallace, Albany Medical College

## Position Summary

The position of Health and Wellness Chair was designed with PA students in mind. As PA students we are taught that great providers emphasize the importance of healthy lifestyles and overall well-being. It is important that we keep this in mind ourselves and maintain a healthy lifestyle despite our busy schedules.

Within student societies, the Health and Wellness Chair will coordinate activities and exercises with the goal of maintaining both the mental and physical health of the students within their program. This position aims to boost morale within the class and encourage stress relief.

However, the duties of this role do not stop there! The Student Academy of the AAPA encourages programs and student societies to make this position their own and add responsibilities to this position as they see fit. The responsibilities of this position may also be shared amongst various positions within student societies.

## What are the benefits to implementing this position?

- Class cohesiveness, inside and outside the classroom!

- Encouragement which aims to help students maintain their mental and physical health throughout their PA school career
- Learning stress relief techniques and exercises that can be utilized in practice
- Newly formed relationships with local gyms, fitness studios, etc. which may offer student pricing
- Student societies may apply and be the recipients of grants that can provide their societies with additional aid in maintaining a healthy lifestyle
- Opportunities to engage with the community and offer our own knowledge of health and health care
- Healthy body + healthy mind = success in PA school!

## Roles & Responsibilities

The Health and Wellness Chair may be responsible for any of the following duties. As stated above, student societies are encouraged to tailor these duties to fit their individual needs of their classes.

- Coordinate wellness events which encourage a healthy lifestyle and stress relief
- Communicate weekly health advice to classmates via healthy recipes and motivational quotes
- Meet with host-college wellness coordinators and inform society of activities on campus
- Collaborate with other student society positions to create opportunities for community involvement such as wellness fairs, etc.
- Facilitate the society's relationship with local gyms and fitness studios
- Research potential grants relevant to health and fitness and present potential grants to student society/faculty
- Draft grant proposals for submission

## To-do List:

Use this list to help your student society get started in implementing this position!

1. Create a Facebook page and share relevant articles, recipes, and exercise videos from YouTube. You can also create the events for weekly or monthly exercise events.

2. Look at your university's fitness class schedule, find a class and time that works well for your program and get other PA students to sign up.
3. Start a weekly jogging group! By meeting at the same time and place each week, students can more easily plan for exercise.
4. Create and disseminate chair aerobics and yoga sequence handouts, 15-minute study break circuits, etc.
5. Contact a local gym or studio to coordinate a barre, yoga or Crossfit class. Trying out a new class can be a nice change from a daily workout routine. You may be able to either use funds from your student society or raise money on your own (or split the cost among the students interested). Gyms and studios may be interested in providing student discounts or a discount specifically for your program.
6. Encourage healthy eating by sharing healthy eating tips, slow cooker meals, and where to eat healthy on and off campus, etc.