

CAPTIONS: 1) Students compete during an intramural game of basketball in the PARC gym. 2) Students enjoy getting competitive during an intramural sand volleyball tournament. 3) Junior **Alex Segnini** gives a thumbs-up while manning an information table about Campus Recreation. 4) First-years **Aliyah Murphy** and **Rachel Kozin** take a water break during a club soccer game. 5) Junior **Lauren Mihalek** smiles for her headshot as a Campus Recreation and Wellness personal trainer. (All photos courtesy of Elon Campus RecWell).



HEALTH IS WEALTH
campus recreation and wellness



Do you even lift, bro? Regardless of your exercise routine, the Campus Recreation and Wellness team at Elon encourages all students to lead healthy lives through various on and off-campus programs and activities. From group exercise cardio classes and intramural sports to personal training and Love Your Body Week, RecWell allows the entire Elon community to get active. Junior **Lauren Mihalek** works as a personal trainer for RecWell and also co-runs its social media accounts. After quitting competitive cheerleading, Lauren searched for another way to

stay healthy when she came to Elon and eventually fell in love with fitness because of the physical and mental benefits it offered.

"I want to show everyone that you shouldn't exercise because you hate your body, but because you love it. Focusing on functionality and what my body can do instead of what it looks like has made a huge difference in my life, and I want to share that with all of my clients," said Lauren.

Lauren is just one of the many students that takes advantage of the varied opportunities to stay active on Elon's campus. Ultimately, RecWell's main mission is to spread a love of activity and build a strong, accepting environment for years to come.

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