Total Body Wellness Program

Program Overview

The Total Body Wellness Program is a comprehensive initiative designed to empower students to prioritize both physical and mental health. This would be not only inside the weight room, but in all areas of life. This program integrates strength and conditioning, mobility, and wellness education to help students build confidence, resilience, and a lifelong appreciation for movement and self-care.

Unlike a traditional strength training curriculum, this program emphasizes total body wellness: proper form and mechanics, injury prevention, fueling the body through nutrition, and developing mental focus and balance. The goal is to create strong, healthy, and well-rounded students; physically, mentally, and emotionally.

Program Mission

To educate, empower, and equip students and athletes with

the tools and knowledge to:

1. Move safely and effectively through strength and

conditioning exercises.

2. Understand the connection between physical and mental

health.

3. Develop healthy lifestyle habits, including nutrition and recovery.

4. Build confidence, teamwork, and leadership through movement.

5. Carry the lessons learned in the gym into their academic, athletic, and personal lives.

Program Objectives

1. Movement Education: Teach proper body mechanics and foundational movement patterns. Such as; squat, hinge, push, pull, lunge, and carry, to promote strength and prevent injury.

2. Strength + Conditioning: Develop full-body strength, endurance, and coordination through circuit-based training.

3. Mobility + Recovery: Improve flexibility, joint stability, and body awareness to enhance overall performance.

4. Nutrition + Fueling: Educate students on the importance of proper nutrition and hydration to support physical and mental performance.

5. Mindfulness + Mental Fitness: Incorporate mindset work, goal setting, and stress management strategies to build resilience and focus.