

recreation



RUTGERS RECREATION PROUDLY SUPPORTS THE HEALTH & WELL-BEING OF ITS STUDENTS.

Studies have shown that exercise helps students achieve better grades, assists with time management, and alleviates depression. Regular exercise is healthy for their *mind, body and spirit*.

recreation offers:

- Over 100 fitness and wellness classes each week, personal & small group training, and massage therapy.
- Dozens of outdoor trips, swimming and SCUBA lessons, and certification opportunities.
- 57 club sports and a top 50 intramural program played by 10,000 students.
- 5 recreational facilities - one on each campus!
- Employment and professional development to over 700 student leaders.
- Exciting yearly events including RU Muddy and the Big Chill, the largest 5K run/walk in NJ.