Wellness Grant Feature of the Month: Campus Recreation
Wellness Ambassador: Sanne Stark Fettinger

The Campus Recreation department used the Mini Grant to purchase a bike, lock, basket and adjustable seat for the department. Their primarily goal was to get staff and members of the department to use active transportation versus cars. They wanted to have the bike accessible in order for it to be used when going to meetings on campus, in downtown Davis or any other activity that staff members could avoid driving to.

About 6 people have used the bike since the purchase earlier in the year and their Wellness Ambassador, Sanne, has been seeing the growing interest in the bike program. The front desk/reception keeps the keys for the check out for staff members and helps manage the bike program too.

Sanne Fettinger has promoted the program through Campus Recreation’s monthly department meetings. In addition, she sends out email reminders.

People in the department have said that they really appreciate the fact that they can jump on a bike and get to other places on campus easily. The program has been received well and Sanne says “It has been a positive and welcomed addition to our department”.

One of the main challenges they faced was staff members forgetting about the bike availability, even after email reminders. As the bike share program is relatively new, they are planning to continue promoting using the bike and reminding members about the bike as an option and available form of transport.

In order to promote health and well-being in their department, their Wellness Ambassador aims to continue reminding colleagues about the bike and all the mental and physical benefits of riding it. She wants to share wellness stories about biking and other wellness related activities, and motivate her coworkers to keep using the bike for short trips around Davis/Campus.

Here is some of the feedback received from the department:

“I’m thrilled to have a department bike to use, especially for those trips across campus to meetings. It cuts the time down, has a basket to put all of my things in and helps get me out enjoying the fresh air. It’s definitely a welcome addition to the department!”

“I am moving from Davis to Sacramento soon and will be using the bike even more, as I will be coming to campus by car. I love having the bike available to use for meetings across campus.”