

DEPAUW STUDENT GOVERNMENT

A White Paper Concerning a Smoothie Stand in Welch Fitness Center...

White Paper No. 1

"DePauw is committed to the overall wellness of our students."

DePauw Website, September 2014

- I. The DePauw community places a high value on the fitness and wellness of its students, faculty and staff. This value has recently been exemplified through the renovation of the Lilly Center and the construction of Welch Fitness Center. Speaking on behalf of the student body, we as DePauw Student Government, would like to see the opening of a snack and smoothie stand outside Welch Fitness Center. We believe this would continue to exemplify DePauw's standard of wellness by offering healthy pre or post-workout snacks or protein shakes and smoothies to its students, staff and faculty.
- II. While the introduction of another drink stand on campus may seem redundant based on the two already existing cafes, Cafe Allegro and Cafe Roy, we foresee the smoothie stand in Welch providing enough differentiation in products to provide competition. The location of the stand might also pose a problem based on the fact that it is in such close proximity to Cafe Allegro, however the stand in Welch will be able to service a larger student and student athlete base because of its location outside the School of Music.
- III. The students would like to see this smoothie stand offer a variety of healthy drink and snack options. For example protein shakes, real fruit smoothies, Gatorade or Vitamin Water, protein and granola bars are all possible menu items. Gym goers and non gym-goers alike will profit from the opening of a more health-conscious establishment on campus. Men's lacrosse player Grant Skipper said, "I would fully support having a protein shake after a workout or practice, I would love a healthy recovery drink after a hard workout." The smoothie stand would profit during peak use hours of Welch Fitness Center.
- IV. Kenyon College boasts a state of the art fitness center in Division III athletics. However built more recently, the architecture and makeup of the Welch Fitness center is similar to that of the Kenyon Athletic Center. Both have been constructed in the past 10 years and are similar in size ranging from 16,000 square feet (Welch) to 12,000 square feet (Kenyon). The similarity in size, however doesn't mean a similarity in functionality. The Kenyon Athletic Center houses a 200 meter indoor track, 1,600 seat basketball and volleyball arena, a 120 seat theatre for team

usage, several study lounges and a cafe. The space Kenyon has is smaller than that of Welch and filled with similar sized facilities and a large fitness area, but Welch does not have many of the extra functionalities that that of the Kenyon Fitness Center has. Many of the recently built Athletic Centers in Division III sports have some sort of cafe incorporated. These include Kenyon, Butler and St. Louis University amongst many others.

V. In conclusion, we believe that opening a smoothie bar in Welch Fitness Center would continue to emphasize the importance of health and fitness in our DePauw community. Offering healthy post-workout options will give students, staff, faculty and Greencastle community members access to better nutrition options and allow them to maximize their overall wellness.

Motioned by: <u>Perrin Dinauer</u>	Seconded by: <u>Donie Cordon</u>	Executive Board:
Senator Signature:	Representative Signature:	President Signature: <u>Dakota N. Watson</u>
Aye <u>12</u>	Aye <u>13</u>	Aye <u>8</u>
Nay <u>0</u>	Nay <u>0</u>	Nay <u>0</u>
Abstain <u>0</u>	Abstain <u>0</u>	Abstain <u>0</u>

Attested by:

Amy Brown
(Secretary)

Approved by:

Dakota N. Watson
(President)

Anthony Kelly
(Executive Vice President)

September 28, 2014