

2017 UR Fit Program

UR Fit is a 6-week program that incorporates exercise and education to motivate the University of Richmond campus community to be their happiest, healthiest selves. Participants can choose from 10+ weekly workout sessions led by a variety of our certified student and non-student fitness instructors and personal trainers. They receive detailed weekly educational information on topics such as stress management, goal setting, nutrition, and fitness principles. For an added element of friendly competition, participants are split into teams and challenged to earn as many points as they can through workout class attendance and body composition improvements. The individual male, female, and overall team with the most points win health and fitness-related prizes, such as a Fitbit or some at-home exercise equipment. In both 2016 and 2017's UR Fit programs, participants lost over 100 lbs. overall!

The logo for the UR Fit program features the letters 'UR' in a bold, white, sans-serif font. To the right of 'UR' is a stylized white graphic of a dumbbell, with a central vertical bar and several horizontal bars representing the weights. To the right of the dumbbell graphic is the word 'FIT' in the same bold, white, sans-serif font as 'UR'.

UR FIT

Dave McCoy



I joined the UR fit program because it is a six-week program, which I knew was about double of what I would have done on my own. I am usually good for 2 to 3 weeks on a program. If I could do it for six weeks, then I could stick to some of the changes in workouts as well as what I eat. For example, I still have not had a soda since the program began and I used to consume way too much on a daily basis. Another draw to the program was the diverse training classes and instructors. These classes are offered multiple times a day, seven days a week leaving little excuse to let your team members down. From start to finish the environment was supportive with weekly check ins and great resource information provided to all the participants. I also liked the timing of the program thru the winter months leading into spring outdoor activities. I would encourage those that may need a push to get it in gear to look out for the next UR Fit challenge and take some time to invest in yourself.

Rosanne Ibanez



UR Fit was just the thing I needed to make wellness a constant part of my life. The program did so much more than offer ample opportunities for group exercise; it provided just the right amount of motivation, accountability, and support to help me achieve my short-term goals while giving me the tools to start a much longer journey.

UR Fit was also a great introduction to the incredible resources offered at the University. During the six-week program I met with a student personal trainer, a professional trainer, and a registered dietician at no extra cost. The extra class offerings demonstrated the talents and expertise of both student and professional staff by giving us a chance to work with them beyond their typical sessions. They taught me how to use specialized equipment that had intimidated me in the past and offered useful and encouraging tips to make healthier choices.

Most importantly, UR Fit helped make the Weinstein Center a place of community for people at all fitness levels. Strangers started to have names, names started to have faces. These faces became teammates and comrades that helped me row, squat, and lunge one day after the other. Even now that the program is over, there hasn't been a day that I didn't exchange smiles with another UR Fit participant in any of my trips to the gym. And that is the kind of thing that makes me want to go again tomorrow!