9-1-2015

Student Recreation Center Weight Room Opening

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Dunn, John M., "Student Recreation Center Weight Room Opening" (2015). WMU President John Dunn. 701.
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Student Recreation Center
Weight Room opening
Dr. John M. Dunn
9:45 a.m. Tuesday
Sept. 1, 2015

• Good morning. If there was ever a time I was glad to say something was "a Dunn deal," this is it.

• What a great way to celebrate Fall Welcome and the start of a new school year--8,000 square feet of remodeled and improved space and weightlifting equipment. We spend a lot of time talking about balance and healthy living and taking time for physical activity while you're a student. It's a message we want you to take away with you as you move forward into your personal and professional roles. This weight room, with improved equipment and a great Bronco feeling to it, is the perfect place to get in the habit. Make it part of your weekly regimen.

• I'm glad to see it done, because it seems like a long time ago when we started seeing those "Drop and Give me 20" T-shirts. I'm glad they worked, but I'll be the first to acknowledge being the face on that message wasn't too difficult a job.

• Thanks for the real work--the heavy lifting in this effort--goes to Amy Seth and the SRC staff who kept moving this initiative forward. Last year, we saw what they could do, when they made a huge and very visual improvement in the tennis courts and gyms. I know they've carried through with that great Bronco theme, and I can't wait to see it. Without further ado, let's get rid of the wrapping and get a look at what a real Western Michigan University weight room looks like.