

CSUB Wellness Suite now open

Melissa Jorge (https://therunneronline.com/staff_name/melissa-jorge/), Staff Writer

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The Student Recreation Center held a grand opening for the new Wellness Suite addition on the second floor on Oct. 4.



Photo by Blake Burton / The Runner

The Wellness Suite was constructed

for students to go to during their breaks, in between classes, or whenever they need to relax.

It can be used as a new spot to do their schoolwork, as opposed to doing it in the library or outside.

The SRC has a gym, weight classes, fit classes, and rock-climbing, all involving physical activity. The Wellness Suite serves as more of a mental health calming environment for students to relax which brings in a different group of students and causing the number of entries to the SRC to increase.

“Since August 28 , first day of the semester, we have a total of more than 750 entries into the space and more than 600 reservations for the nap pods and message chairs. In total we had about 315 unique individuals’ users of the space,.” said Leah Bank, coordinator for fitness and wellness.



Photo by Blake Burton / The Runner

The Wellness Suite provides two nap pods, two massage chairs, a yoga center, comfortable couches with a table, and arts and crafts materials to those who reserve a spot.

"I like massage chairs and I think they're very beneficial, especially because I get because I get muscle cramps a lot and my body hurts," said Jayda Parson a fifth-year bio-chemistry major at CSUB. "So, I have to roll out and different things like that. So, I think having that there is a great addition to the SRC."

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"This space is going to bring in different students, the student who might not have normally come through our doors. They're not the sports people, they're not the weight people, but they can come in here for another reason to take for selfcare,," said Mary O'Mahoney, director of fitness and wellbeing.

The Wellness Suite is a space where students can rest in between classes or for those who may not live on campus and need a break before continuing with their day. The nap pods are available to each student once per day for a maximum of 45 minutes, and the massage chairs can be reserved for a maximum of 20 minutes once per day.

"When I was a student actually, I used to sleep all around campus, I'd be sleeping in the benches, the library, in my car so if you're a student you can understand what I'm talking about and I would sleep here in the rock wall where I used to work, but now I'm happy to think about and see that we have nap pods here," said Aaron Wan, public affairs specialist.

Students can now reserve a spot for a nap pod, massage chair, or to just hang out at the wellness suite on the SRC website at <https://recstore.csub.edu>
(<https://recstore.csub.edu/>)

#csub (<https://therunneronline.com/tag/csub-2/>)

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