

Wellness Room – Holthusen Room 430, Research and Sponsored Programs

What did you receive?

We applied for a grant to create a wellness room on the 3rd Floor of Holthusen Hall. Through this award we were able to purchase a treadmill desk, comfortable chair and a few accessories for the room.

What space(s) did you transform?

We transformed a storage room. It's room 340 in Holthusen Hall and had previously been used to store paper files. When our records system switched to an electronic system, we were able to get rid of all of the paper and file cabinets and have built a wellness space.

How is it used?

This space is used by people, primarily on the third and fourth floors of Holthusen. People use the treadmill and other exercise equipment, but also use the room as a quiet space. The comfortable chair and optional low lighting are great for when you have a headache or just need a moment of quiet.

Please share how this has positively impacted your employees/patients/students etc. both physically and mentally.

This space has had a significant impact on the wellbeing of our office and others in Holthusen. It's wonderful to have the treadmill desk. To be able to get some exercise without having to stop working is really convenient and we have all taken advantage of this. It's a great option for increasing your steps on a day when you see you're falling behind and just don't have time to step away from your desk. It has also been a great benefit for those in our office that work at cubicles. The ability to have some privacy when you need it or just a quiet place to rest during a stressful part of the day brings a sense of peace and comfort with it. Having this quiet space when you're not feeling well is also really helpful and has definitely resulted in less time away from work.

Share any feedback you've had.

We've had nothing but positive feedback and appreciation from everyone who has used the space.

Share why you feel it's important to change the environment in which we work to support wellness.

Wellness is important on so many levels and the addition of our wellness room as created a place for not only physical wellness, but also mental and spiritual wellness. Offering these grants to the Marquette community really shows support for workplace wellness and the importance of care for the whole person and value for individual needs.

