

Student Recreation & Wellness Center for California State University East Bay

RESEARCH

College kids are experiencing...

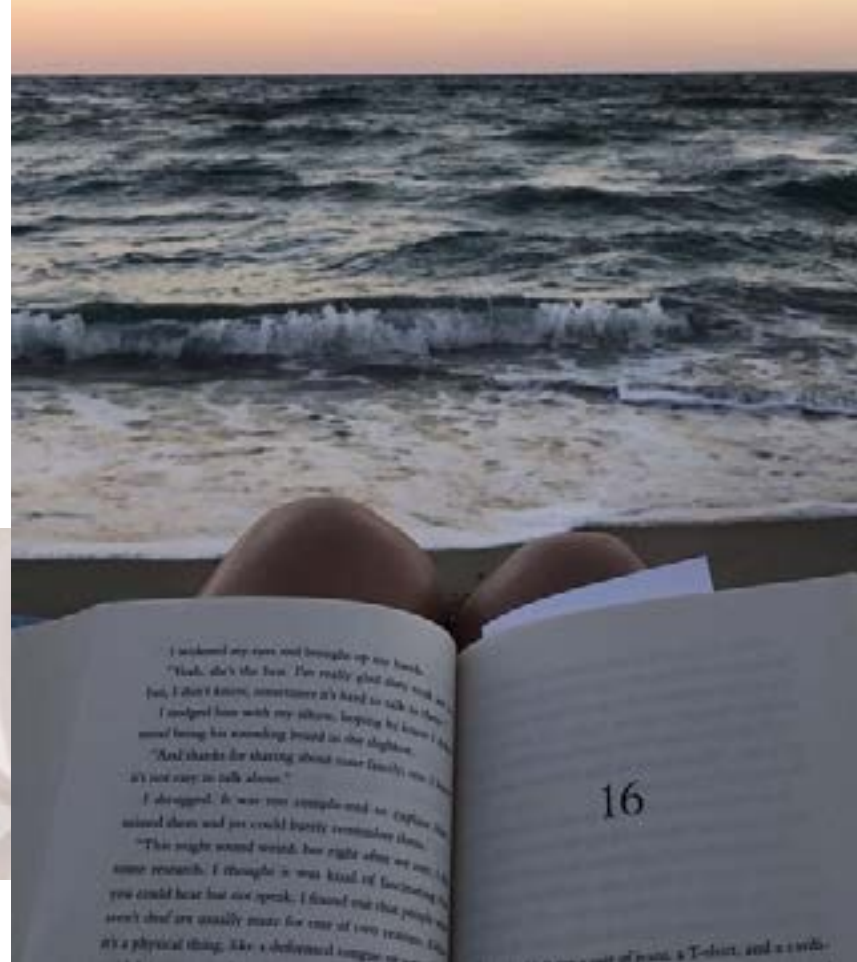
- anxiety
- depression
- new changes in life
- independence
- schoolwork and life balance
- loneliness
- new responsibilities
- repercussions of COVID-19

“During the 2020–2021 school year, more than 60% of college students met the criteria for at least one mental health problem, according to the Healthy Minds Study, which collects data from 373 campuses nationwide (Lipson, S. K., et al., Journal of Affective Disorders, Vol. 306, 2022). In another national survey, almost three quarters of students reported moderate or severe psychological distress (National College Health Assessment, American College Health Association, 2021)”.

Body + Mind connection promotes...

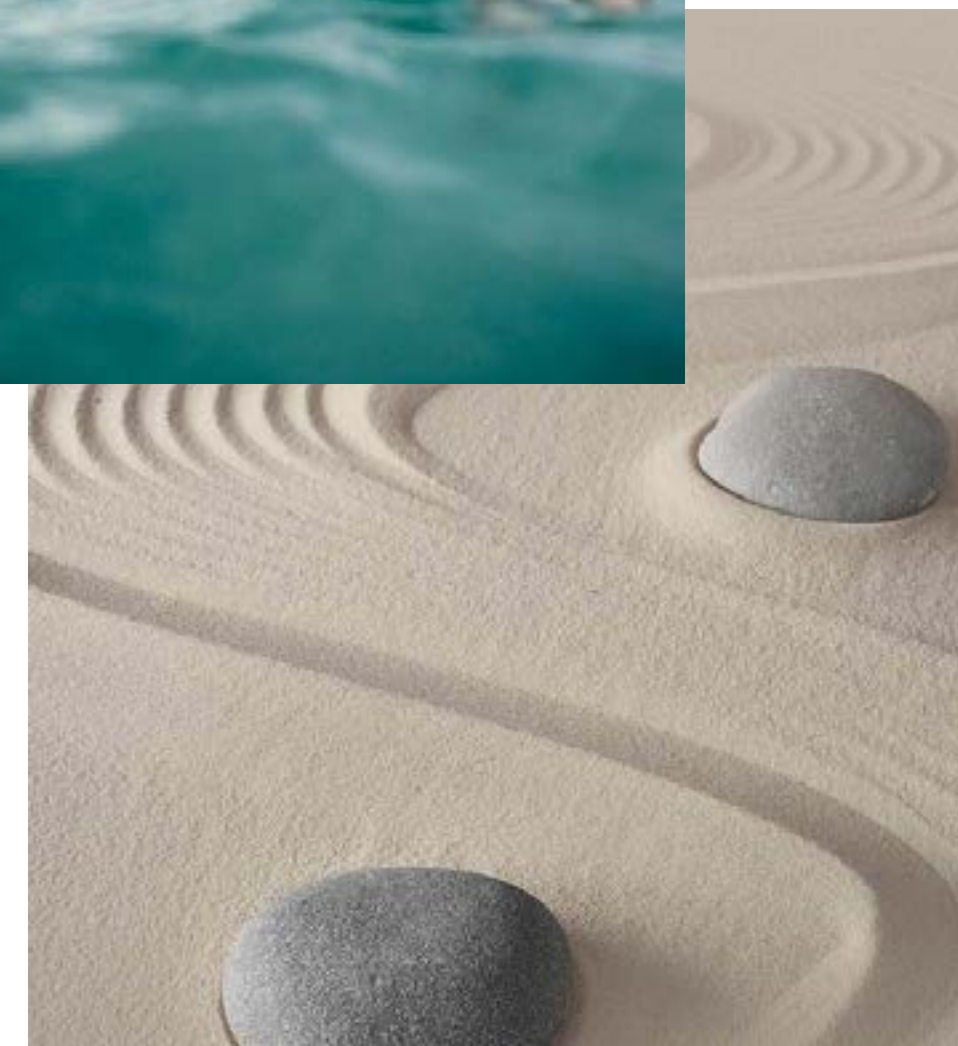
Synergy

(noun) the interaction or cooperation of two or more organizations, substances, or other agents to produce a combined effect greater than the sum of their separate effects.

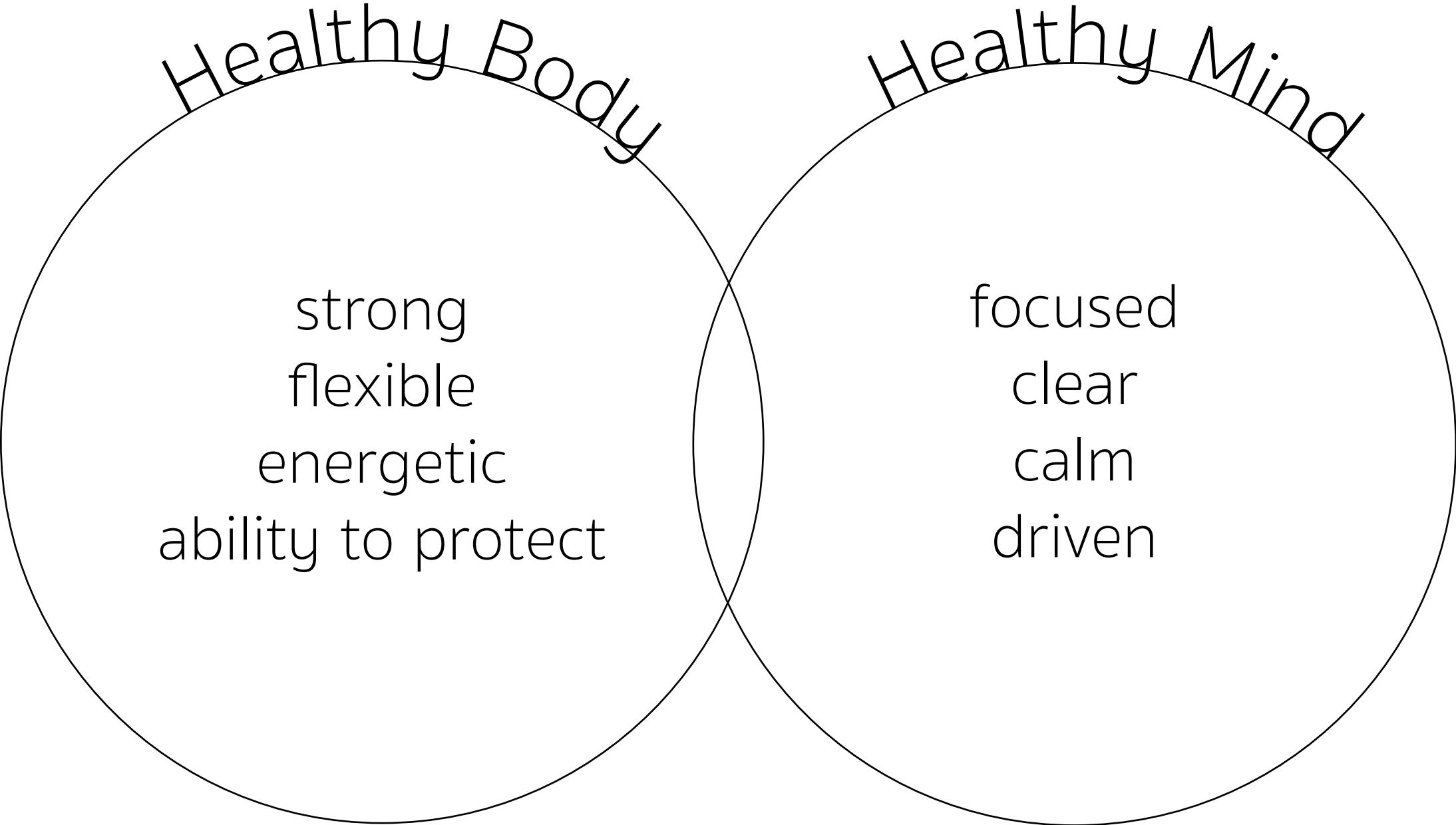


I TRAIN MY MIND & BODY TO BE STRONG

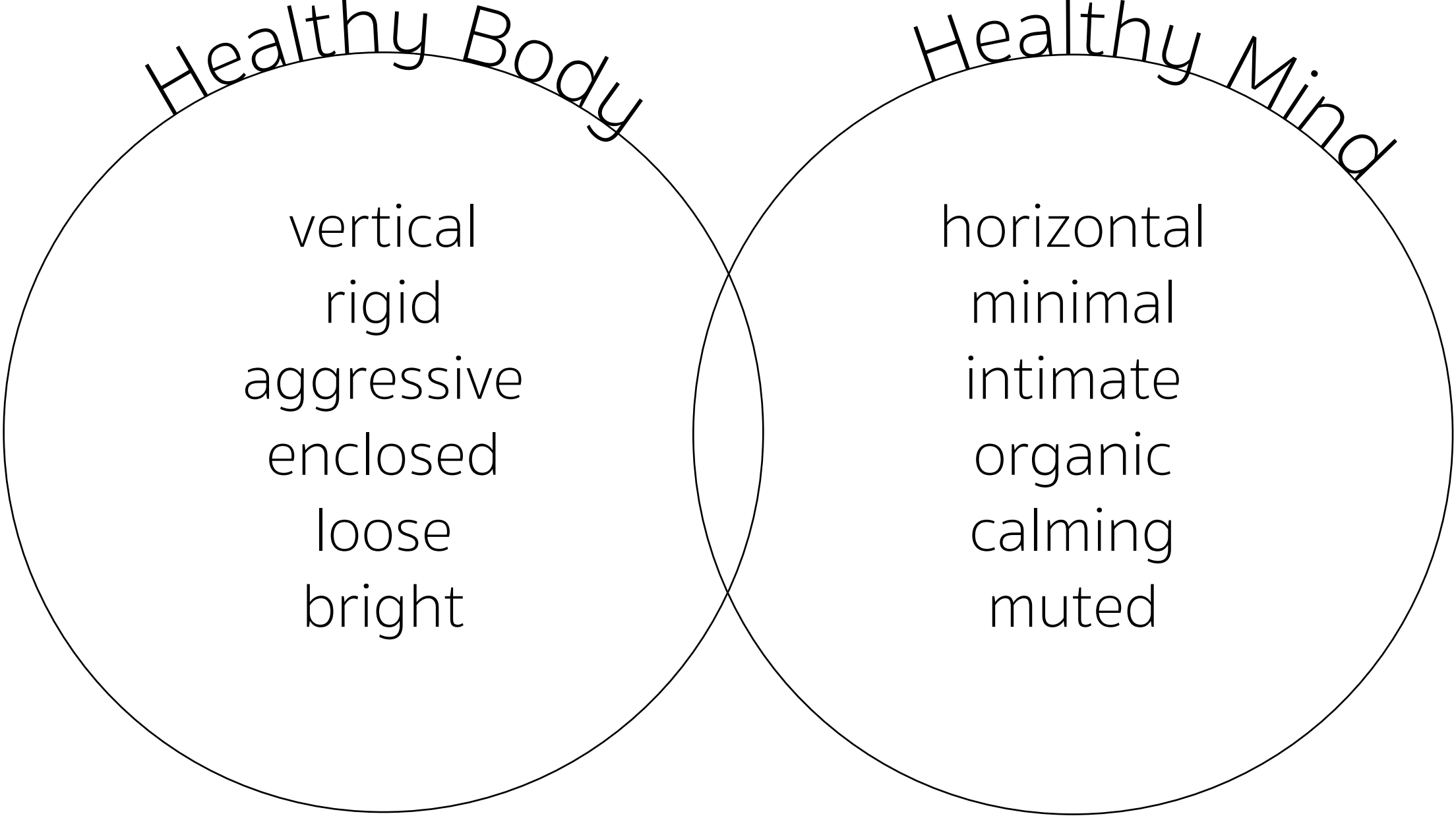
GYMAHOLIC



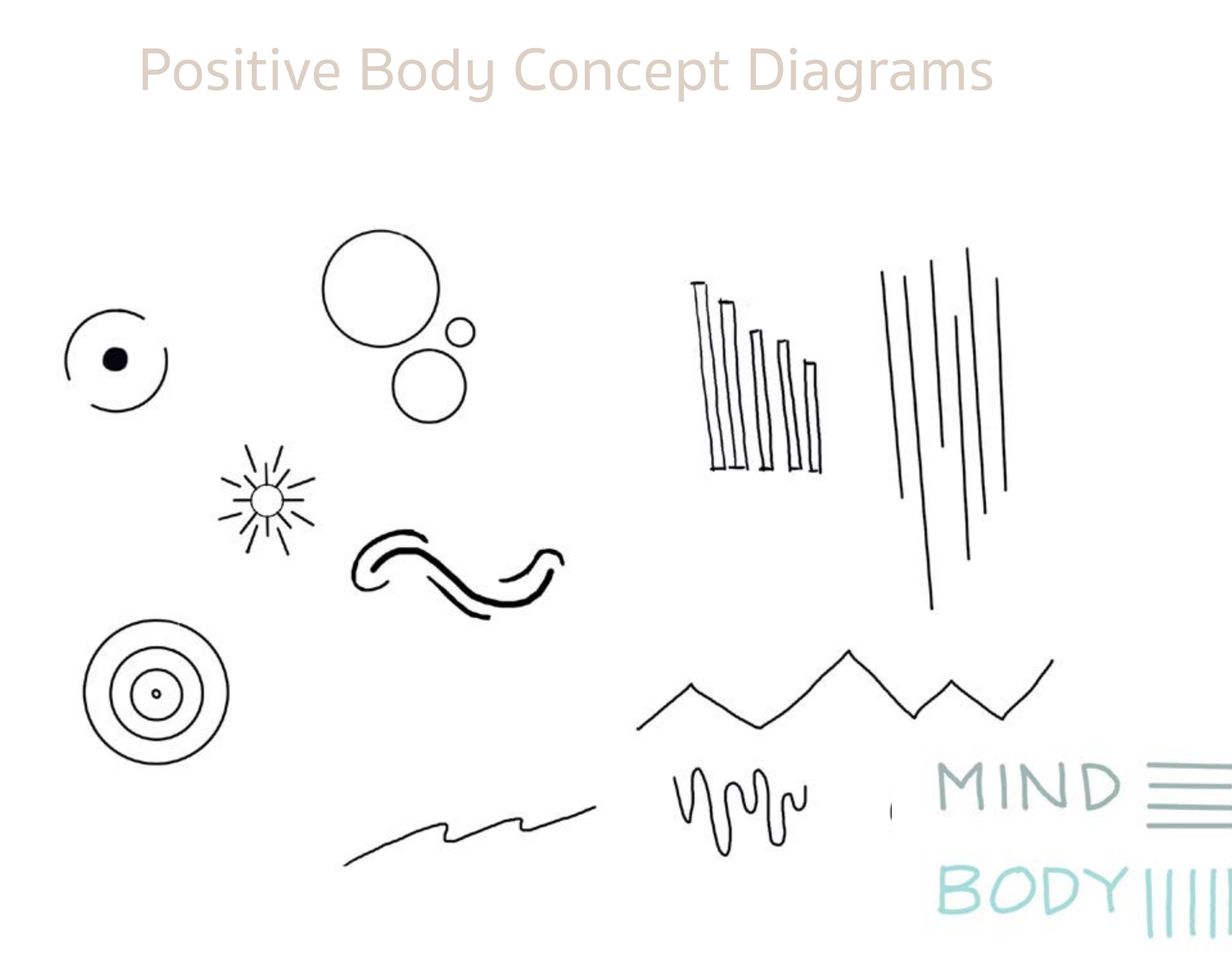
Benefits of a...



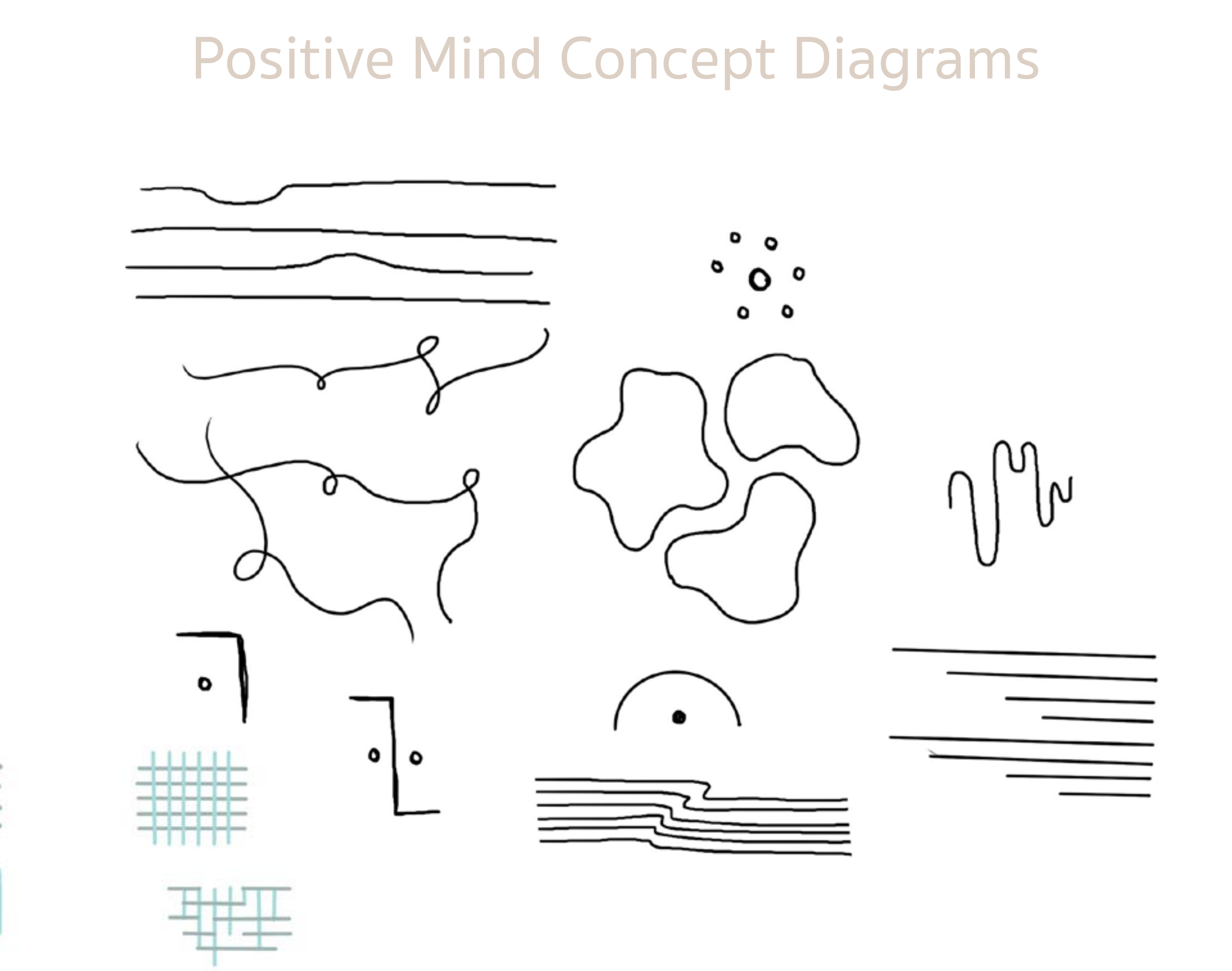
Design elements of a...



Positive Body Concept Diagrams



Positive Mind Concept Diagrams



COLOR PALETTE

B
o
d
y

bright - lively - bold

M
i
n
d

muted - calm - natural

FF&E



Johnsonite Inertia®
Multi-Functional and
Sports Rubber Tile
(Mottled Egg)



Mannington Reset
Rubber Tile
(Black Tones)



Mannington Reset
Rubber Tile
(Grey Tones)



Mannington Open
Range Rubber Tiles
(Evans)



Hoop LED Pendant
Light



Hanging Plants



Contour Acoustic Ceiling
Baffle



Beam Acoustic Ceiling
Baffle



LED Strip Lighting



Quartz

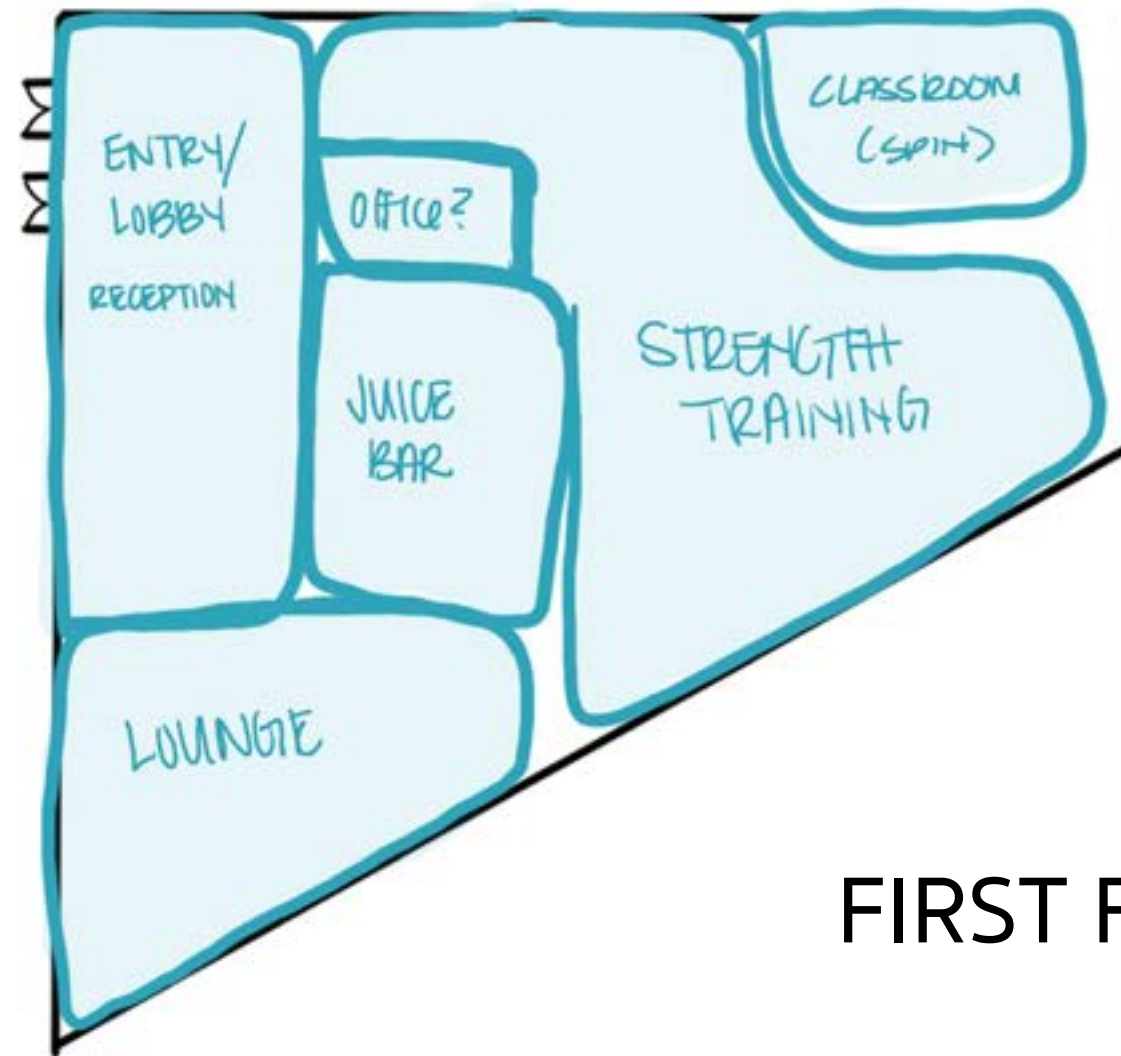


Nature Pattern
Wallpaper

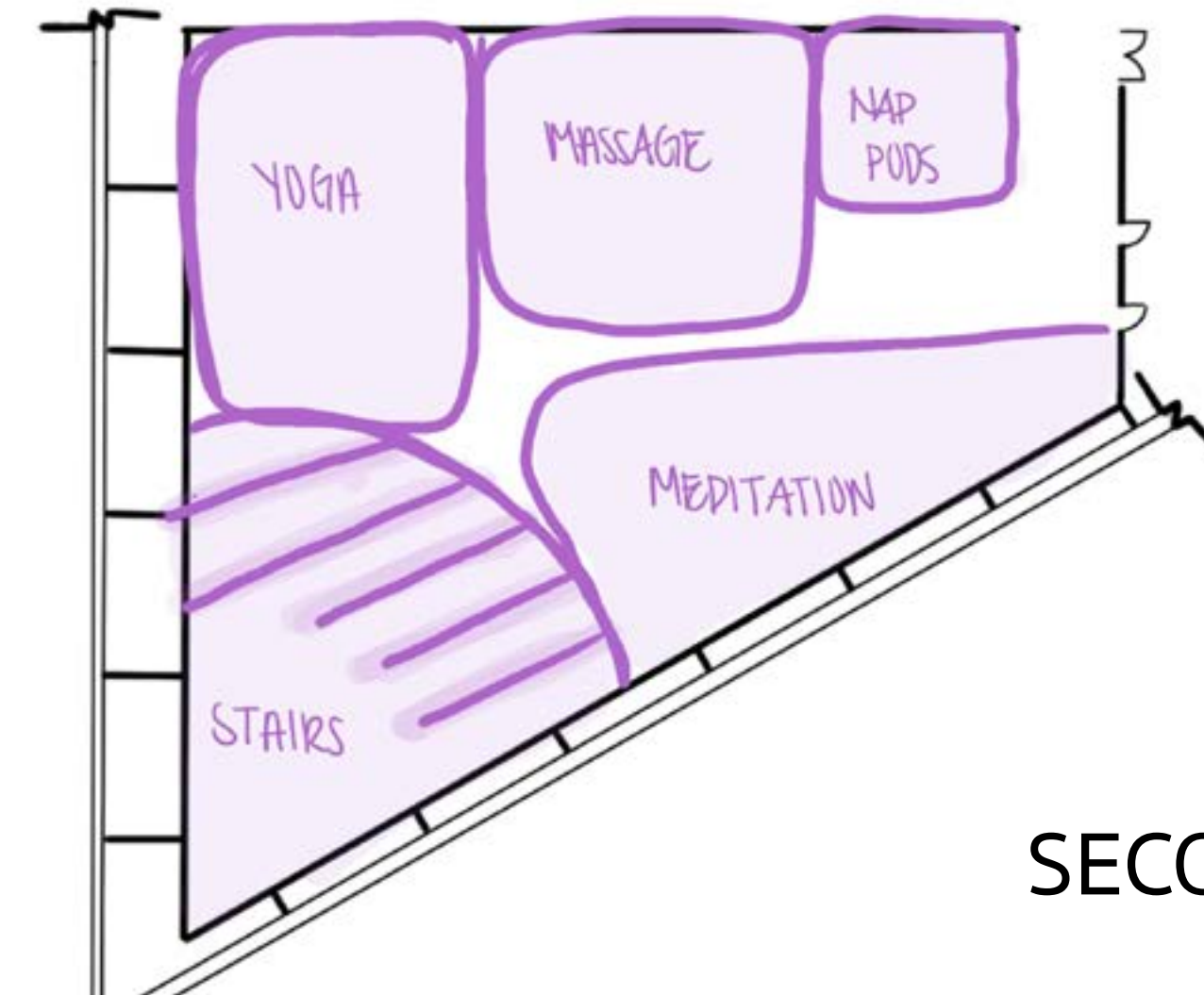
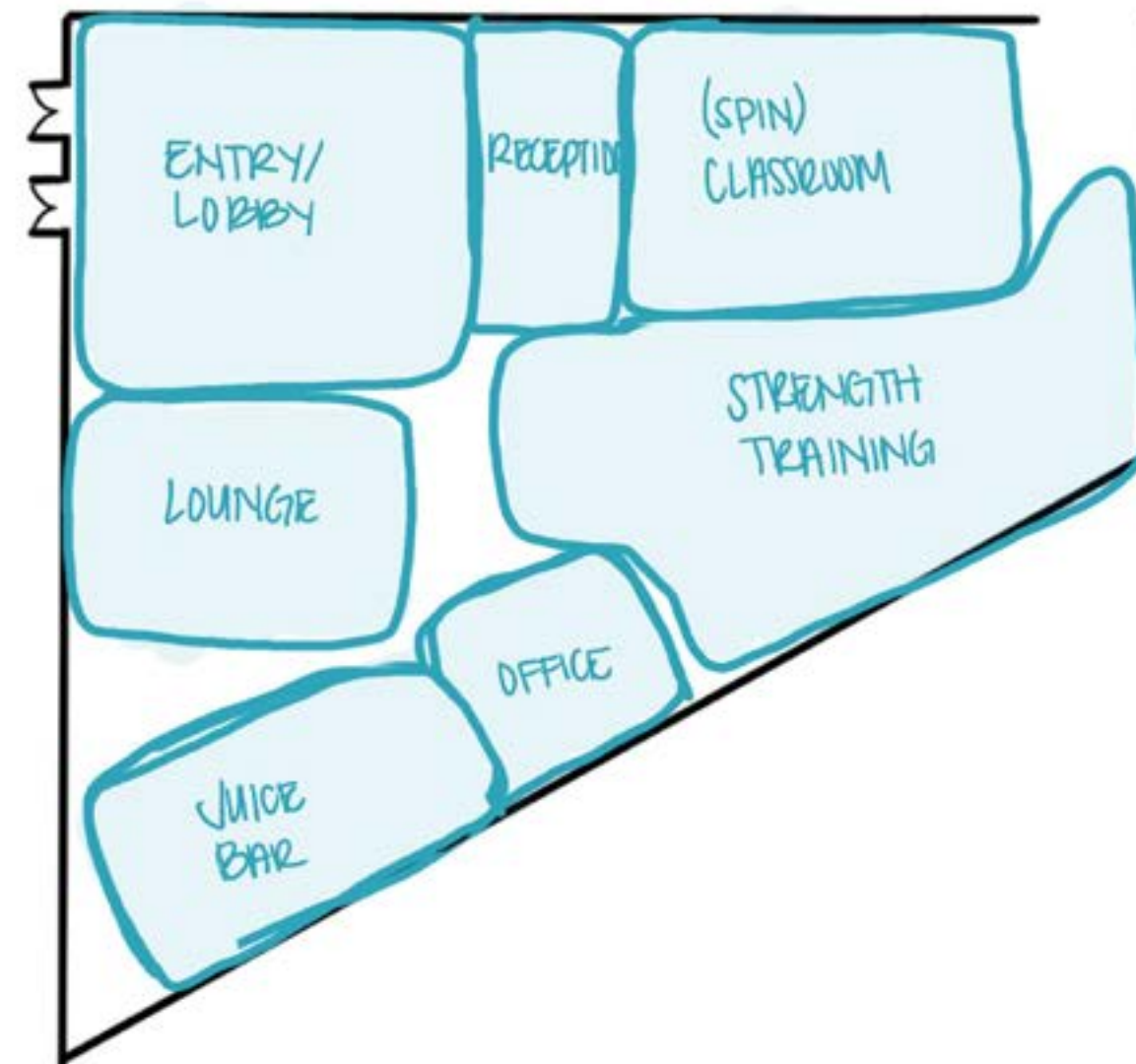


Brown Oak Wood

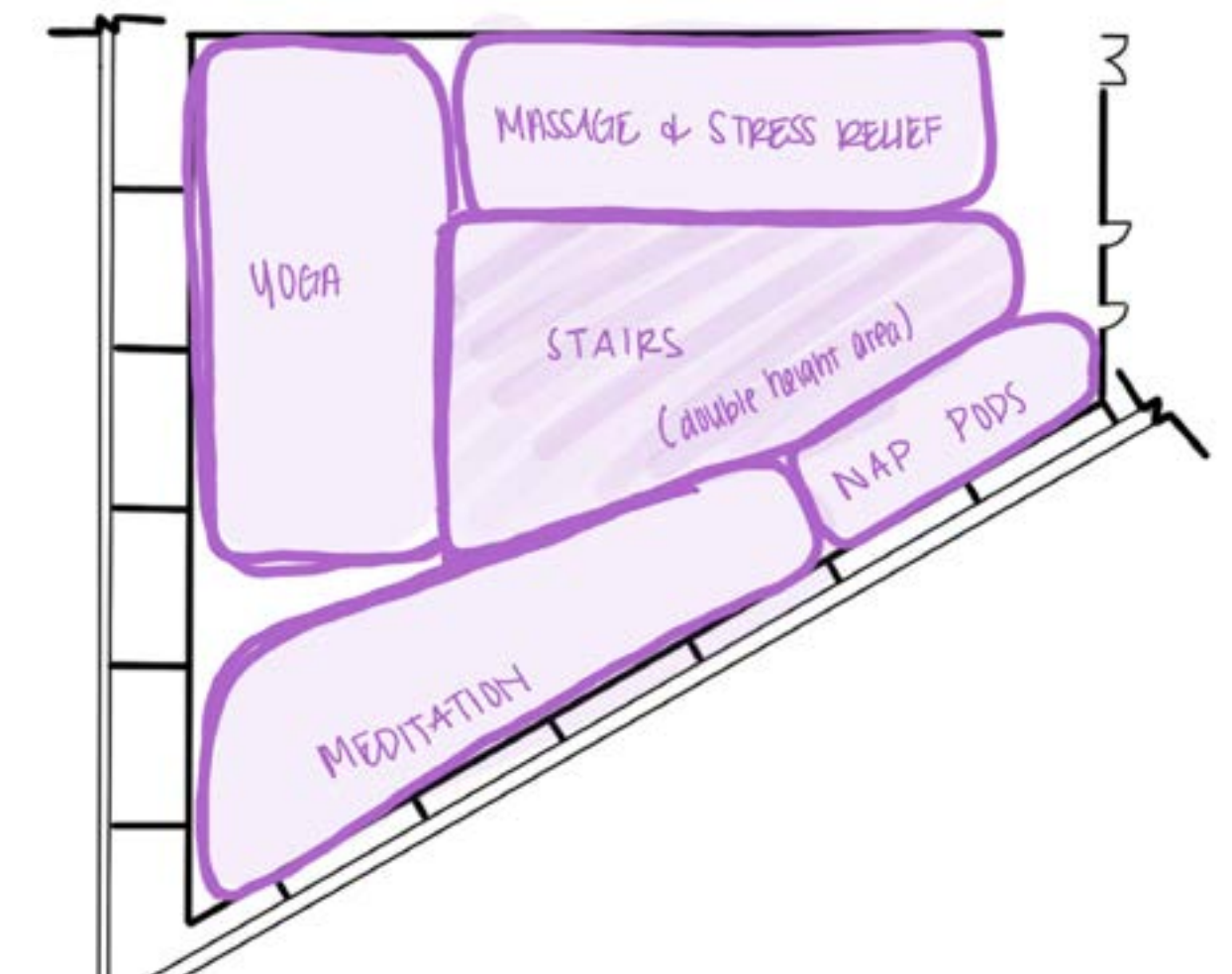
BUBBLE DIAGRAMS



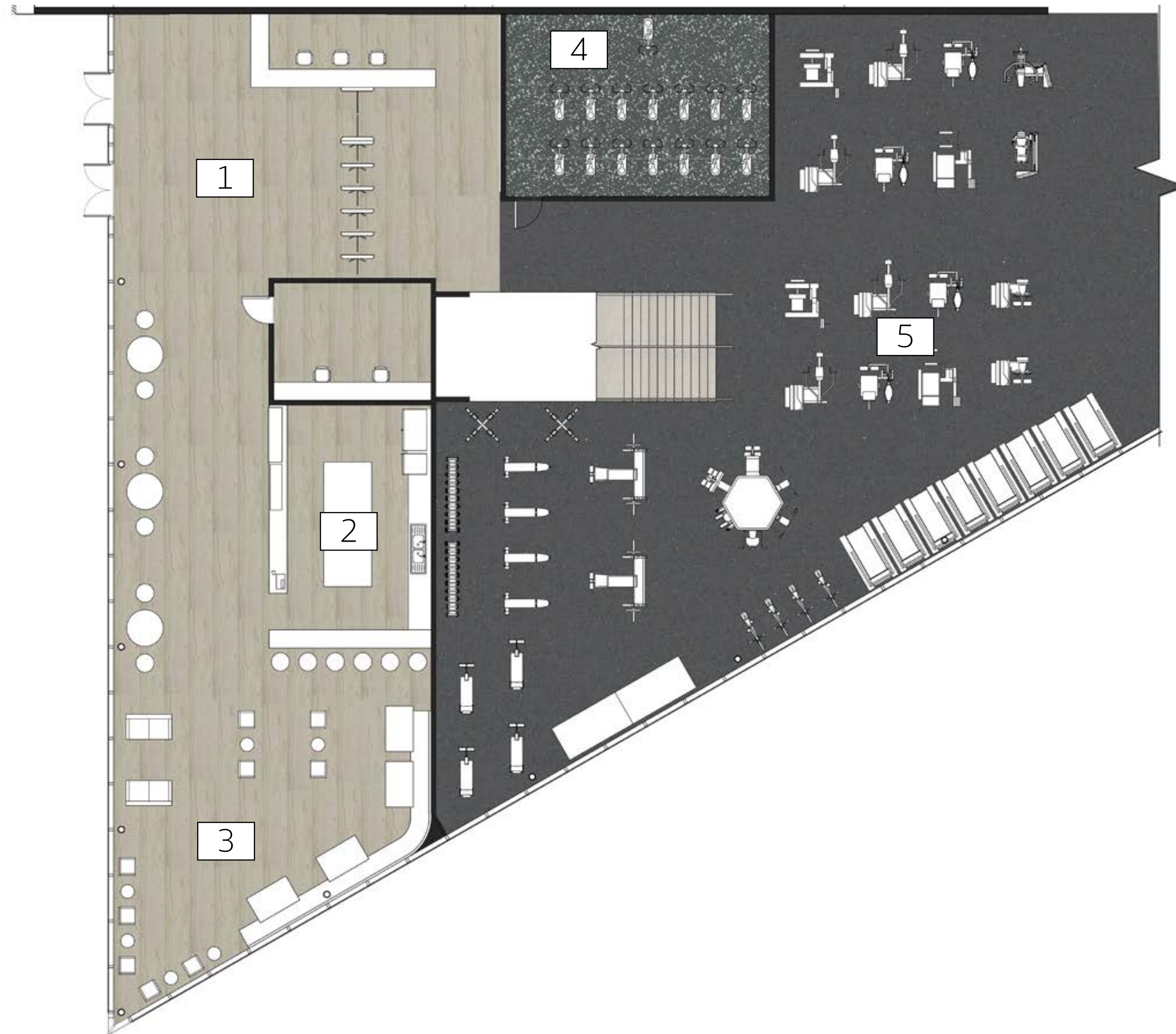
FIRST FLOOR



SECOND FLOOR



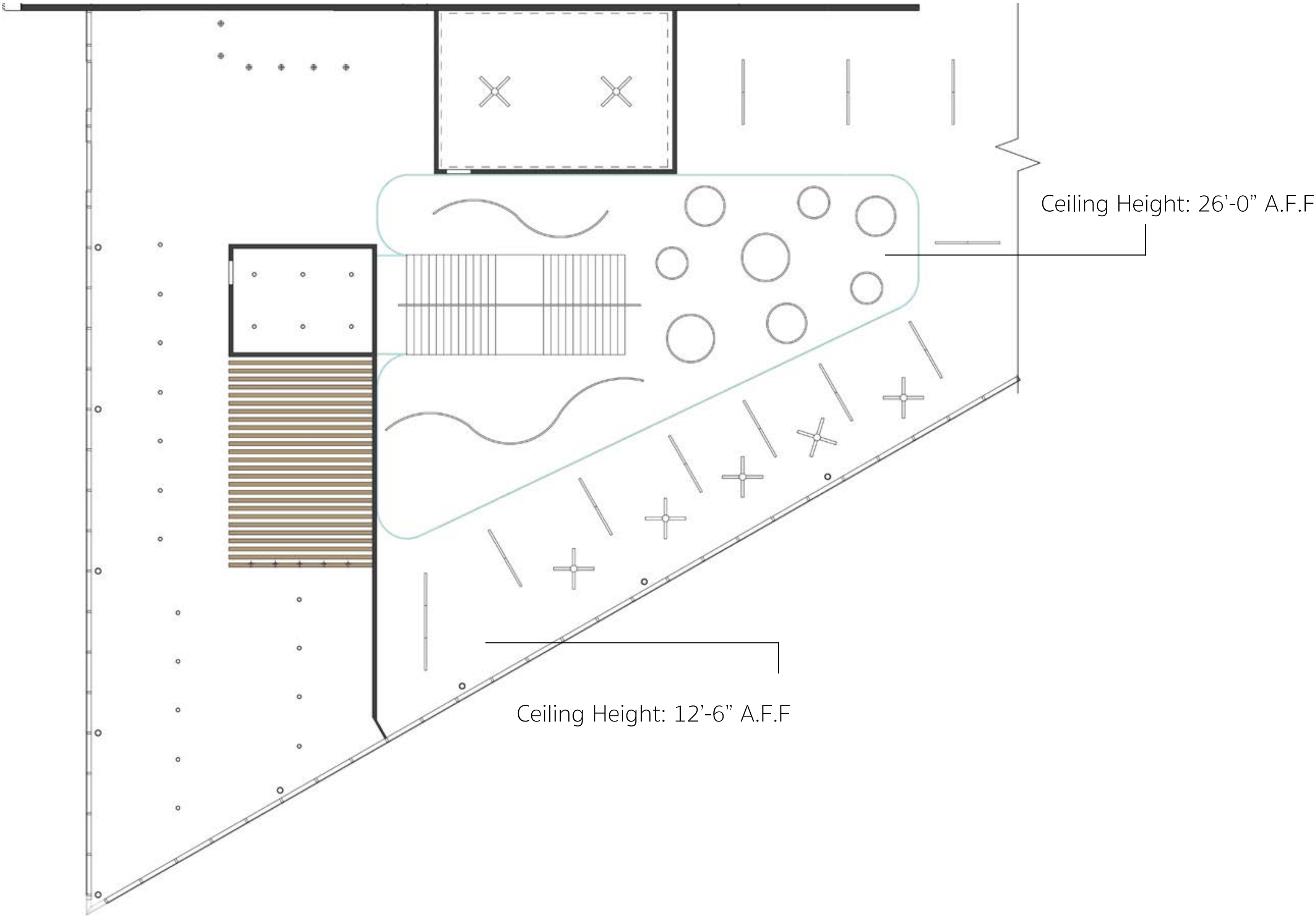
FIRST FLOOR PLAN



Legend:

- 1. Entry
- 2. Juice Bar
- 3. Lounge
- 4. Spin Classroom
- 5. Fitness Area

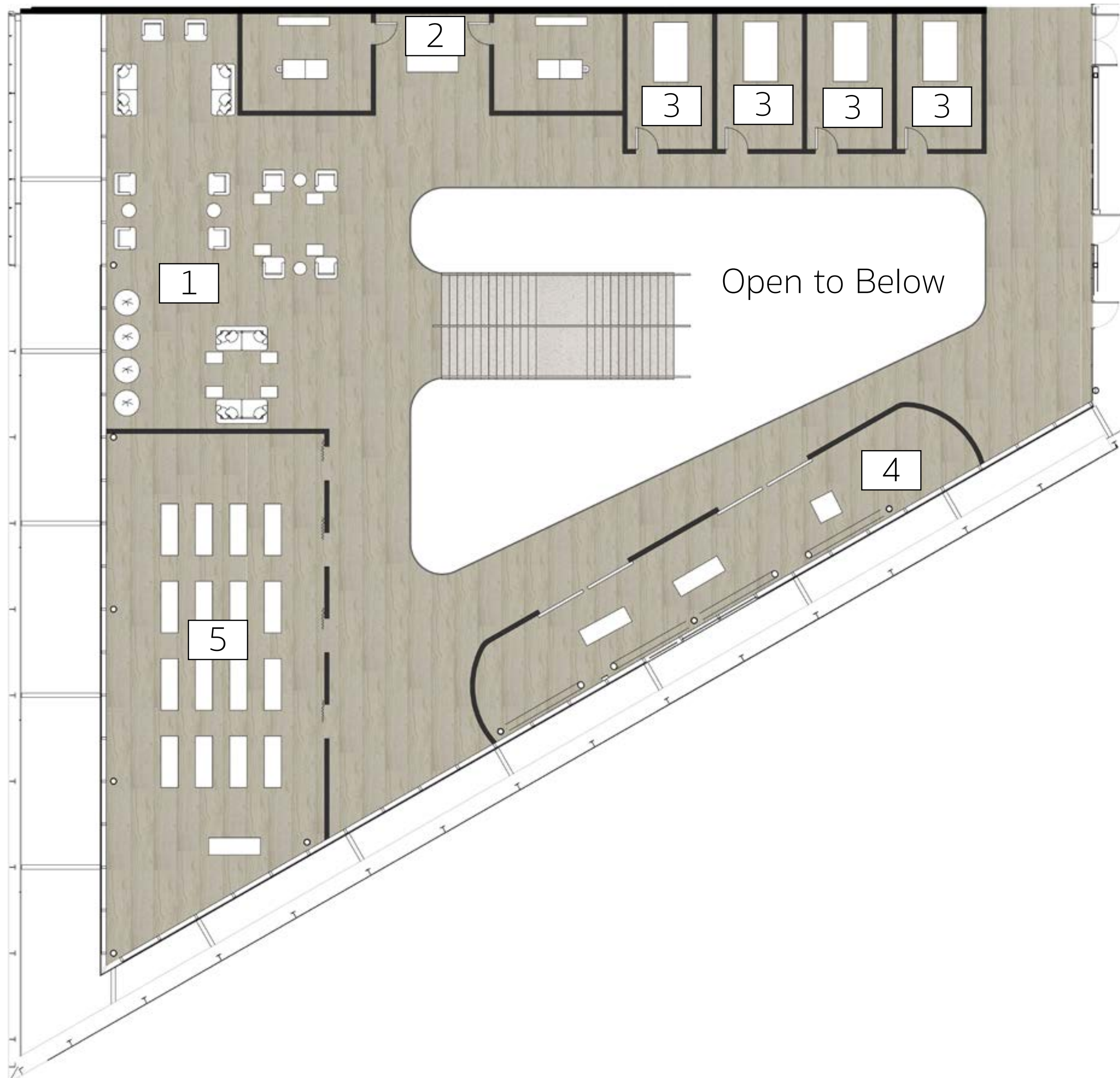
FIRST FLOOR REFLECTED CEILING PLAN



Legend:

- Round Pendant
- Recessed Lighting
- Rectilinear Pendant
- Ceiling Fan
- Cove Lighting
- Custom LED Light
- Linear LED Light
- Hoop LED Pendant

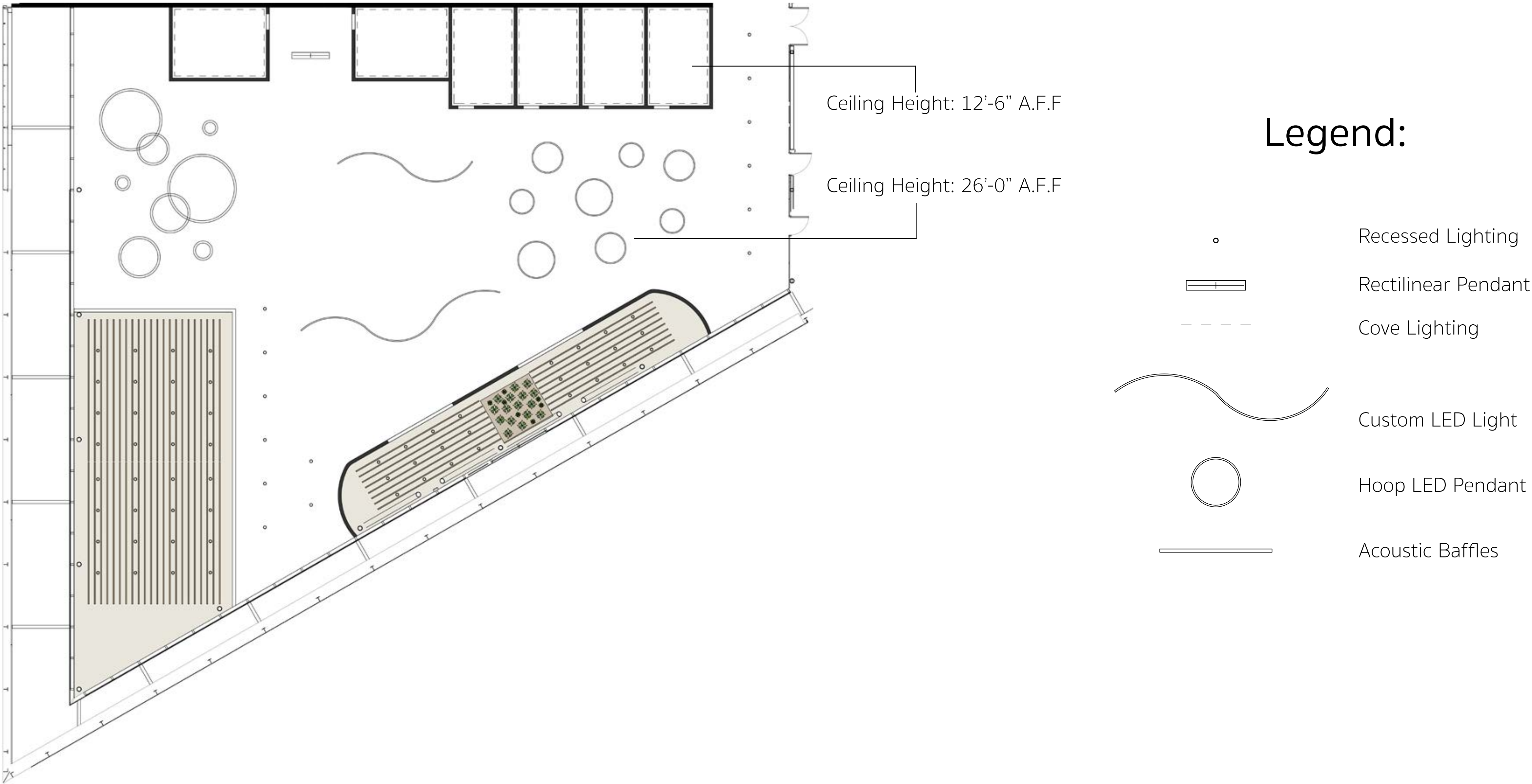
SECOND FLOOR PLAN



Legend:

- 1. Lounge
- 2. Massage Rooms
- 3. Nap Pod
- 4. Meditation Room
- 5. Yoga Room

SECOND FLOOR REFLECTED CEILING PLAN



ENTRY



JUICE BAR



FITNESS AREA



SECOND FLOOR LOUNGE



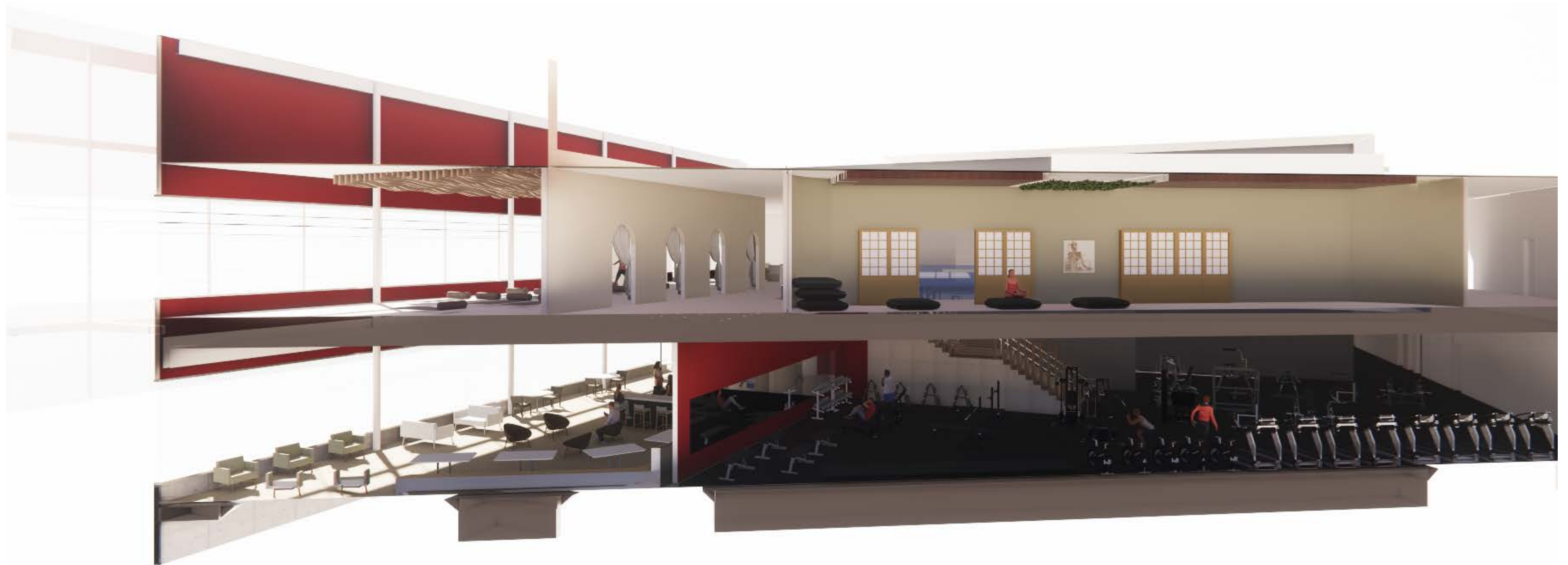
YOGA ROOM



MEDITATION ROOM



SECTION ELEVATION





CSUEB STUDENT RECREATION CENTER

