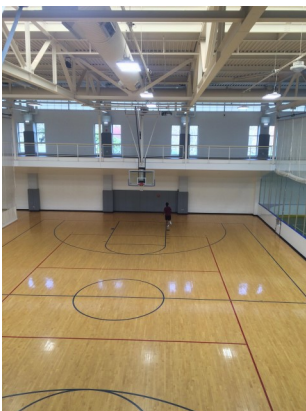




30-foot rock climbing wall located at the FAC.

“Even if you’re not a body builder or an athlete, the FAC has something for everybody.”

*Will Traphagen
Class of 2020*



One of the FAC's basketball courts, with an elevated track. Isaiah Diaz, class of 2020, shooting around.

Fitness and Aquatic Center (FAC)

By Kevin McKenna

FAC! No, this is not a profanity. It is Loyola's Fitness and Aquatic Center. The FAC is more than just your average Planet Fitness: it has everything you could ask for. The FAC offers a range of equipment from a swimming pool, where 28-time Olympic medalist Michael Phelps trains, to a thirty-foot rock climbing wall. However, what a majority of students don't realize about the FAC is it actually encapsulates one of Loyola's core values: *Cura Personalis*. During orientation week, you will hear this a lot and be completely bewildered by this antiquated Latin phrase. *Cura Personalis* can simply be translated as “care for the entire person.” The FAC exhibits *Cura Personalis* by benefitting your physical, mental and spiritual health through exercise and personal friendships.

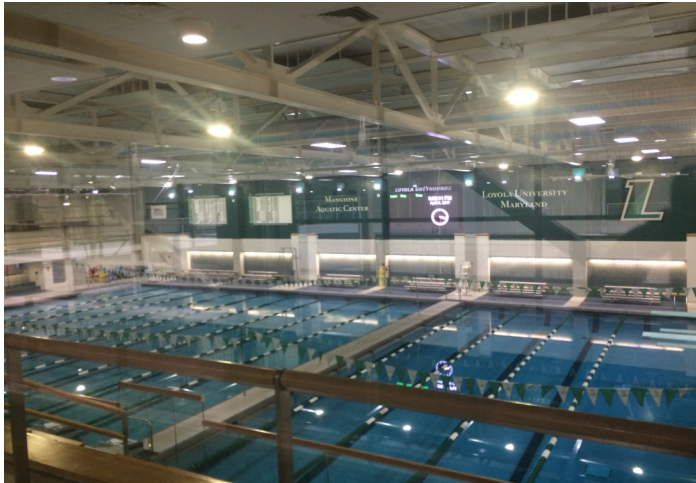
The FAC is located on North Charles Street just minutes away from campus. Some people argue the walk from campus to the FAC is a sufficient enough workout. The FAC is a 6,000 square-foot fitness center equipped with a multitude of free weights, treadmills, two full-length basketball courts and a multi-purpose court. Josh Felice, class of 2020, “can't believe I used to pay \$50 a month for a gym membership when the FAC has everything my old gym had plus more.” The exercise options are endless. Staying active in college is a necessity. Working off all the Starbucks coffees, Boulder dinners, and long weekends of binge...eating will keep you from gaining the dreaded freshman-15. The FAC offers numerous options to stay fit from Zumba and yoga classes to our famous intramural sports, which include basketball, flag football, soccer, and volleyball just to name a few. The main reasons why students are unable to journey to the FAC consistently is due to a lack of time. However, daily trips to the FAC can actually benefit you mentally, physically, and spiritually.

After a stressful day of classes or a long week of midterms, the FAC is the ideal place to go to blow off steam. Physical exercise increases your stamina and strength, but it also enhances mental capacity. Lifting weights, swimming, or even playing basketball all release numerous hormones throughout your body that contribute to the growth of brain cells. Along with the benefits to the brain, exercising has been known to increase students' grade point average. Researchers at Saginaw Valley State University, in “Vigorous Exercise,” write that “students who exercised vigorously seven days a week had G.P.A.'s that were on average, 0.4 points higher than those who didn't exercise.” Traveling to the FAC on a consistent basis contributes to the care of the whole person both physically and mentally, and can ultimately lead to a significant rise in G.P.A. The FAC is not just a place to exercise; however, it is also a social environment where students create lasting friendships.

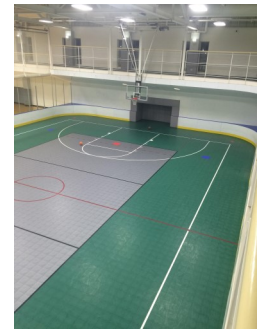
The quad, Boulder, and Starbucks are three of the main places students socialize on campus. However, the FAC is an overlooked social environment. Isaiah Diaz exclaimed, “I've made a majority of the friends I have at Loyola by playing basketball at the FAC. I even met two of my future roommates there.” Friendships are easily made at the FAC. You can meet new people by playing a pickup basketball game, through the famous intramural sports, or by sharing a Panini at the Fitwell Café. The FAC has an extensive amount of places to socialize that enable students to interact and form new friendships. Building new friendships relates to *Cura Personalis* because it benefits students spiritually.

According to the Mayo Clinic studies, in the article "Friendships," making friendships "increases your sense of belonging, reduces stress, and increases confidence." Simply by making friends at the FAC you are keeping your body healthy.

Juggling strenuous college classes with extracurricular activities and possibly even a job is extremely difficult and time consuming. The last thing on your mind after studying in the library for your agonizingly difficult computer science midterm is exercising. Rather than sitting in your bed watching Netflix, you should go to the FAC. Your body will thank you. *Cura Personalis* is care for the entire person and at the FAC students are hitting on all cylinders especially physically, mentally and spiritually. I've spent a majority of my free time at the FAC exercising, making new friends, and relieving stress. I encourage every student at Loyola—including you—to go to the FAC often.

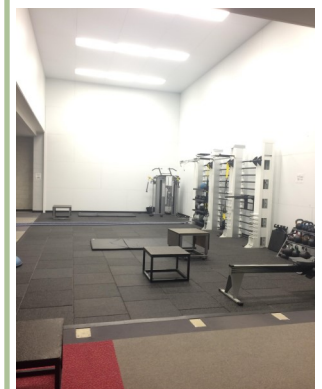


The Fitness and Aquatic Center located at 4900 N. Charles Street.



Multi-purpose court used for volleyball, basketball, soccer, badminton, and football.

The FAC has an Olympic-sized swimming pool, where 28-time Olympic medalist Michael Phelps trains.



Squash court turned into a small workout room for your core.