

What can the 3 WINS Fitness Program do for Your Community?

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Letter to Editor

There is a national obesity pandemic in the U.S. with one major cause being an absence of physical activity (Center for Disease Control and Prevention). The American College of Sports Medicine (ACSM) recommends that the average adult between the ages of 30–60 years of age should exercise 120 minutes per week (ACSM.org). Common barriers to achieving this include accessibility to affordable gyms or exercise trainers [1].

The 3 WINS Fitness program bypasses this barrier by providing free exercise classes to the community (<https://3winsfitness.com/>). This program is taught and led by volunteer undergraduate Kinesiology students at universities surrounding the Southern California area. Why 3 WINS? First win: For the community accessing free exercise in hopes of decreasing the obesity pandemic. Second win: Student teachers are applying their knowledge gained in the classroom and preparing them for their future careers in clinical fields such as athletic training, coaching, physical therapy, and more. Third win: For the participants of the program in reaching their fitness and health goals.

We propose inspiring Kinesiology departments nationwide to adopt the 3 WINS Fitness Program for these wins to impact their surrounding community. Such adoption of this will provide free and accessible resources to individuals seeking a healthier lifestyle and in result aim to lower the obesity pandemic in this country.

References

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