

Application

Name: _____

Home Address:

City: _____

State: _____

Zip Code: _____

Home Phone: _____

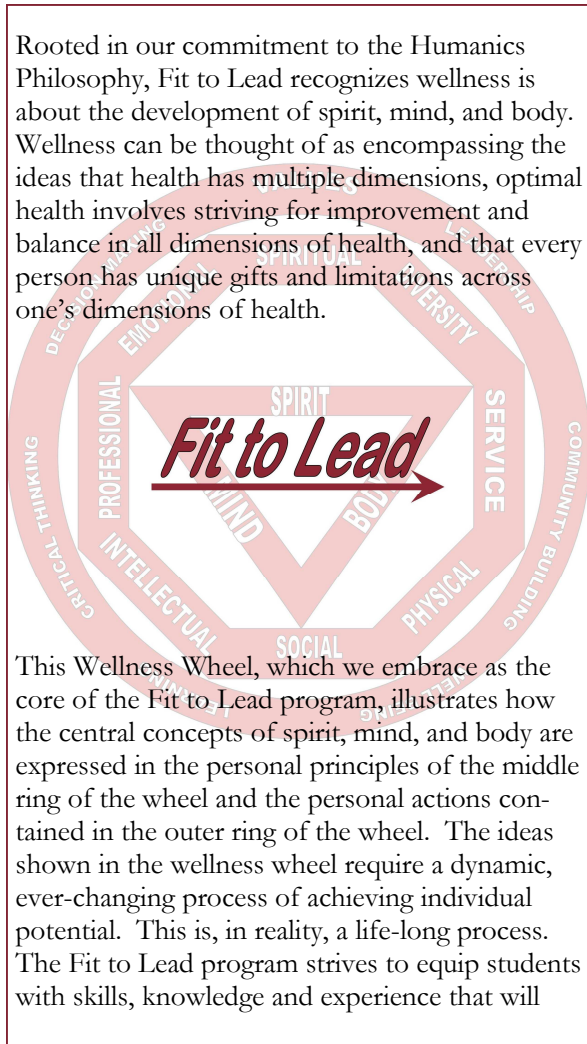
Cell Phone: _____

E-Mail: _____



Rooted in our commitment to the Humanics Philosophy, Fit to Lead recognizes wellness is about the development of spirit, mind, and body. Wellness can be thought of as encompassing the ideas that health has multiple dimensions, optimal health involves striving for improvement and balance in all dimensions of health, and that every person has unique gifts and limitations across one's dimensions of health.

This Wellness Wheel, which we embrace as the core of the Fit to Lead program, illustrates how the central concepts of spirit, mind, and body are expressed in the personal principles of the middle ring of the wheel and the personal actions contained in the outer ring of the wheel. The ideas shown in the wellness wheel require a dynamic, ever-changing process of achieving individual potential. This is, in reality, a life-long process. The Fit to Lead program strives to equip students with skills, knowledge and experience that will



Springfield College

Health Center
&
United Campus Ministry and
Spiritual Life Center



Leadership in
Service to Humanity

Fit 2 Lead



The Ultimate SC
Experience



Springfield College

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Spiritual Life Center

(413)748-3290 or (413)748-3210

What is *Fit 2 Lead*?

The *Fit 2 Lead* Program is a residential living and learning community for first year students at Springfield College. It is an opportunity to excel in the two areas that Springfield College is famous for: Wellness and Leadership. Building on the triangle of spirit, mind and body, the wellness model explores the personal and interpersonal dimensions of a life well-lived.

The purpose of this program is to offer in-depth programming around the College's holistic wellness model and to prepare students for leadership in service to both the College and broader communities.

Each member of the community is selected for his or her unique gifts and interests. Each will contribute to the development of a vibrant program fostering personal growth and a sense of community.

Come have the Ultimate SC Experience on the *Fit 2 Lead* Floor. Sign up today!!!



Opportunities

- Participate in a living and learning community that promotes wellness
- Participate in the creation of a floor covenant
- Be apart a bond that will last through your four years at SC
- Participate in the *Fit 2 Lead* Retreat offered in early September
- Participate in exclusive programs offered to the *Fit 2 Lead* Program

Questions? Contact:

Meaghan Roy, Health Educator

Phone: (413)748-3290

Email: mroy@spfldcol.edu
or

**David McMahon, Director
United Campus Ministry and
Spiritual Life**

Phone: (413)748-3210

*Check out our link on the
Residence Life website*

Application Questions

1. Why are you interested in the *Fit 2 Lead* Program?
2. What will you, as a participant, contribute to the *Fit 2 Lead* program?
3. What programs, clubs, athletic teams, and/or volunteer opportunities do you wish to get involved with while at Springfield College?

Please Detach and send application to:
Springfield College
United Campus Ministry and
Spiritual Life
Attn: David McMahon
263 Alden Street
Springfield, MA 01109