

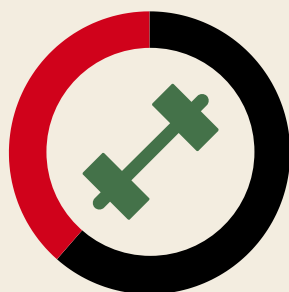
WOMEN'S HOUR

5 Monday - Friday
DAYS A WEEK

1:00PM-3:30PM

Women's hour is a program implemented to create a safe and comfortable environment for all female-identifying members and guest of the student recreational center.

 Student Recreation Center Fitness Block



Data Source: Daily Emerald (2018)

At UO, female students outnumber male student by **7%** however the median number of men using the gym every day is **60% greater** than their female counterparts

The Student Recreation Center is male-dominated

Across campus, women have had to deal with feelings of intimidation, judgement, harassment, microaggressions, stereotypes, pressure, discrimination, and objectification. To help create a identity safe space, the program was implemented with the goal to empower and support women.

BENEFITS & IMPORTANCE

- A more supportive and inclusive environment which also creates equal athletic opportunity
- Less microaggression and stigma consciousness. The effects of microaggression and stereotypes have biological, cognitive, and behavioral consequences. It sends messages that dismisses women's athleticism, and creates more pressure and restriction of gender roles. (Kaskan, 2016)
- Comfort from identity-safe cues. Having the room staffed with only female-identifying workers adds to the supportive group environment, creating more anticipated trust and belonging (Pietri et. al., 2017)



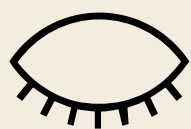
55%

Of women fear not looking fit enough



49%

Fear judgement



25%

Fear being stereotyped



65%

Avoid the gym altogether

Source: Fitrated 2022

WHY YOU SHOULD CARE?

For years, women have avoided weight lifting due to concerns from gender-related norms and ideals of femininity. Evaluation concerns that take place in gyms and fitness centers discourage women from weight lifting (Salvatore & Marecek, 2010). Along side to evaluation concerns, high levels of stigma consciousness can increase vulnerability to social identity threat, creating less feeling of trust or belonging in an environment (Pietri et. al., 2017). Women's hour serves as a counter-normative behavior to the traditional male-dominated gym, disrupting the social expectations of the gym.

MENTAL HEALTH EFFECTS

Regular physical activity can reduce depressive symptoms, preventing the occurrence of depression

Greater levels of physical activity is associated with more positive personal relationships

College students experience social, environmental & psychological changes. Physical activity positively affects psychological health

Helps relieve stress, regulate emotions, increases confidence, self-esteem

Lower mental health burden

Better relationships

Adjustments in college

Natural stress reliever

Chekroud et. al., 2018

Kim et. al. 2021

ALL FEMALE-IDENTIFYING INDIVIDUALS

EMPOWERING WOMEN



To create an identity-safe space, the blinds of the fitness block are drawn for more comfort and privacy during women's hour. This is done as women are valued in the environment (Pietri et al., 2017). At the recreation center, we strive for women's hour to create a welcoming and safe environment though the perceived similarities of women. Understanding one of the reasons women steer away from the gym is due to stereotypes, women's hour is inclusive for ALL female-identifying individuals. Individuals may face gender trouble due to stereotypes and expectations to act or present themselves in a certain way (Morgenroth & Ryan, 2020).

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