

Abstract

A descriptive study completed at Southern Illinois University of Edwardsville School of Pharmacy looking at the barriers and motivators to exercise. The goal of this study is to determine the barriers within the pharmacy school and suggest opportunities to overcome the barriers to better the health of our students as well as the health of our patients. Students in higher education, especially graduate programs, are put under a tremendous amount of pressure from school, work and extracurricular activities which leads to their health being less of a priority. A survey was delivered through an email to all students in the pharmacy school through the BlackBoard email list. There was an inverse relationship between the level of education and exercise at Southern Illinois University of Edwardsville School of Pharmacy. Most students chose lack of available time as well as physical and mental stress from jobs or school as the most common barriers. Encouraging student organizations, the wellness committee and the mandatory mentoring program within the pharmacy school to put more emphasis on physical wellbeing are potential solutions to lessen the barrier to exercise for our student population. Making sure students know they have access to the fitness center on campus is also a vital part in decreasing barriers. Further studies would need to be done to assess the effects of these implementations.