The fitness facility at TMCC has been officially named the "Dr. Maria C. Sheehan Fitness Center". A new sign was unveiled at a ceremony on May 10, 2016.

In celebration of the health and wellness measures introduced by the eighth president of Truckee Meadows Community College, its fitness facility was on May 10 officially named the Dr. Maria C. Sheehan Fitness Center.

Maria C. Sheehan, Ed.D. spoke at the TMCC Wellness Program award presentation immediately preceding the Center's naming ceremony.

“As you work out in fitness programs that include weights, you join 21 percent of the U.S. population who regularly participate in exercise,” she said. “It has been proven that you can even gain muscle strength at age 100.”

J. Kyle Dalpe, Ph.D., Acting President of TMCC, presided at the Center's new sign unveiling. A video of the unveiling ceremony is available for viewing.
“During the last legislative session, when the wellness benefit was cut, Dr. Sheehan responded by making a very generous donation to a wellness initiative at the College,” he said. “The newly created wellness initiative is going strong. Dr. Sheehan, you’re a model of health and wellness yourself, you believe in eating healthy and exercising regularly in spite of a very busy schedule.”

Dr. Dalpe added that exercise and working out can improve physical health and relieve stress.

“On behalf of the faculty, staff and students of TMCC, we’re proud of this naming because it exemplifies Dr. Sheehan’s commitment to health and wellness and will carry her legacy as TMCC’s eighth president,” he said. “It will also pay tribute to the many accomplishments of her leadership of TMCC in the past eight years.”

President Sheehan added that she is proud of the progress staff members have made in the wellness programs.

“I’m so excited about the wellness initiative that is of the employees and for the employees — the best kind of program is one that you initiate yourselves, and the progress that has been made is amazing,” she said. “I thank you all for being here today and for investing in the most precious gift we have; and that is our own health and wellness.”

**Health and Wellness Initiative**

During the second annual [TMCC Wellness Program](#), staff participants completed individual and team activities. Amanda Sagun, WebCollege, Administrative Assistant co-chaired the multi-site effort with Julia Bledsoe, Assessment and Planning Program Officer. Staff participated at the Dandini campus, William N. Pennington Applied Technology Center and Meadowood Center. Cyndi Jakus, ABE/ESL Coordinator, led the Meadowood wellness activities.

The individual challenge was made up of three phases. Those who completed all three phases were entered into a drawing for a $200 gift certificate to the Atlantis Casino Resort Spa. The winner receiving the certificate was Jaime Muhle. Other participants in the individual challenge are listed below.
Team challenge awards went to the three teams achieving the greatest weight loss totals. Team Lawesome won third place, receiving a $250 check to split between team members. They credited portion control and walking around campus almost every day as their successful strategy.

- Raquel Depuy-Grafton
- Maria Jimenez-Ortiz
- Jennifer Zarco

Team Ms-Fits was awarded the second prize of $500. Their secrets were encouraging each other and checking in often.

- Araceli Cuevas
- Lisa Farmer
- Queency Fernandez
- Nancy Quintero
- Megan Van

The top prize of $1,000 was given to Team Weapons of Mass Reduction. Their coordinated plan to meet the challenge included working out together, limiting sugar and wheat, sharing emails and meeting with each other to show support.

- Jay Jorgenson
- Jen O’Bryan-Taft
- Melanie Purdy
- Travis Sharpe
- Camille Vega

For more information about the Dr. Maria C. Sheehan Fitness Center, please call 775-674-7974, or for the TMCC Wellness Program, call 775-673-7814.