

# CHAARG ON CAMPUS

CHAARG is currently at 110+ universities! We are on a mission to liberate girls from the elliptical + make fitness fun. Every week our chapters partner with their campus rec center + local fitness studios to showcase different ways of working out. Chapters also create a community that empowers women to go to the gym through Small Groups. Small Groups are groups of 5-15 girls that go to their campus rec center + workout together!

We've been around for 9 years + we wanted to see how CHAARG impacts the campuses we are at.

Here's what we found...

**RESPONDENTS:** 802 CHAARG members  
**UNIVERSITIES REPRESENTED:** 83 universities

## HOW CHAARG IMPACTS COLLEGE CAMPUSES

We collected data from 802 survey respondents over a 4 week period in spring 2022. Our survey represented 83 universities across the US who have had CHAARG on their campus anywhere from 1 semester to 9 years.

### Do you take classes at your campus rec center?

Before joining CHAARG:



After joining CHAARG:

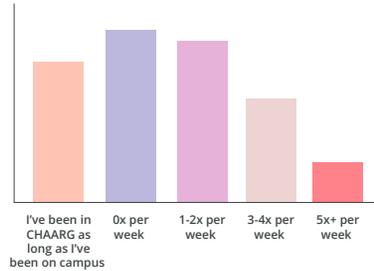


Do you believe CHAARG's presence on campus has impacted your confidence or comfort using the rec center?

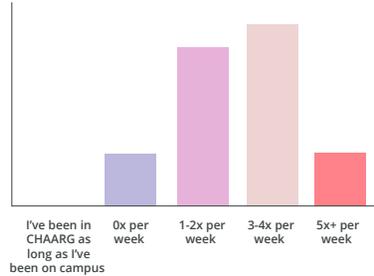


### How often do you utilize your campus rec center?

Before joining CHAARG:



After joining CHAARG:



### Are you comfortable using the weight room?

Before joining CHAARG:



After joining CHAARG:



Do you believe CHAARG's presence on campus has led to increased body positivity within yourself or within your friend group?



## WHAT REC CENTERS + CHAARG GIRLS ARE SAYING:

“CHAARG has become a safe space for me, especially since I commute to school I am able to connect with others as well.”

— Liliana, University of Illinois in Chicago

“CHAARG is probably one of the best decisions, if not THE best decision, I've made since entering college (in Fall 2020). I've made so many new friends, tried workouts I never would have tried on my own, + have gained so much more confidence in my fitness. I even chose to be a SGC because I wanted to help inspire this love for exercise + CHAARG in other girls, too.”

— Lynnae, Grand Valley

“Pitt CHAARG is the most incredible student organization I've worked with over the past (4) years. To see your passion to support + equip the next generation of women leaders through physical, mental, + emotional wellness is incredible. I am so thankful the University of Pittsburgh has strong women advocating for those who need support.”

— Samuel Hearn, Coordinator of Competitive + Recreational Sports at University of Pittsburgh

“CHAARG has made my transition into college so much better since it gives me a physical activity to do every week + has allowed me to meet amazing girls that share similar ideas with me!”

— Lauren, Florida State University

“It has made my gym experience more positive + something I look forward to. I have gone out of my comfort zone, taught others some things, + learned new tips as well. It has been nothing but beneficial for me.”

— Sidney, University of Iowa