

As the Physical Health and Safety Director, I hope to use my position to improve the overall wellbeing of the graduate students at the University of Iowa. Physical health and overall wellbeing are inextricably tied. Physical health gives us the foundation we need to weather the ups and downs of our mental health. Graduate school can be one of the most mentally trying times in one's life, which makes physical health more important than ever. In the constant mental grind of medical school, I have found that maintaining my physical health has been the key to ensuring my total wellbeing. Therefore, I believe it is of the utmost importance that the graduate students of the University of Iowa be provided with the resources necessary for them to achieve their optimal level of physical health. If elected as the Physical Health and Safety Director, I hope to ensure the University of Iowa is taking the necessary steps toward achieving this goal by providing students with educational resources on nutrition and exercise as well as allowing them adequate access and opportunity to engage in a variety of physical activities. Another fundamental aspect of wellbeing is safety. Safety is one of our most basic needs, and we must feel safe before we can focus on our pursuit of self-actualization. As the Physical Health and Safety Director, I would work to provide students with the information and services necessary for them to feel safe from physical or sexual harm while completing their studies. In summary, if elected to the position of Physical Health and Safety Director, I hope to improve the overall wellbeing of the students at the University of Iowa by ensuring they can achieve their optimal level of physical health in an environment in which they feel safe and secure.