



# TEXAS TECH™

## MEMORANDUM

DATE: October 1, 2025

TO: Faculty, Staff & Students

FROM: Lawrence Schovanec, President

RE: Exercise is Medicine on Campus Month

Texas Tech University is proud to join a national effort that highlights the importance of physical activity to health and well-being. For the first time, we are recognizing **October as Exercise is Medicine on the Texas Tech University Campus Month**.

Exercise is Medicine® is a global initiative managed by the American College of Sports Medicine. Its vision is to make physical activity a standard part of clinical care and to connect individuals of all abilities with evidence-based resources that support healthier lives.

This initiative reflects Texas Tech's commitment to fostering the well-being of our community. Our contributions extend beyond the classroom and research laboratory, and initiatives like this align with our broader responsibility to strengthen the quality of life on our campus and in the communities we serve.

I want to thank the Department of Kinesiology & Sport Management, the Center of Excellence in Obesity and Metabolic Research, the Institute for One Health Innovation, University Recreation, and our partners across the university for their leadership in bringing this program to Texas Tech.

To mark this recognition, an Exercise is Medicine event will take place on **Tuesday, October 14, from 10:30 a.m. - 2:30 p.m., on the Engineering Key near Memorial Circle**. Activities will include exercise classes, wellness information and opportunities to learn more about the role of physical activity in promoting long-term health.

[ADD TO CALENDAR](#)

I encourage you to participate in this event and to use this month as a reminder of the benefits that come from making physical activity part of your daily routine.



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