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## Women and Wellness: a cross sectional study on gender differences in utilizing the Rancho Wellness Center programs

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The Rancho Wellness Center (RWC) was established in 2011, and was created to provide health and wellness services to all individuals. The RWC's programs provides a variety of classes designed to address the "MIND, BODY and SPIRIT". By providing supportive educational and fitness-level programs the RWC' goal is improve the overall well-being of patients, community members, hospital staff and healthcare providers.

**Objectives:** The objective of this pilot study was to assess the gender differences in utilization of wellness center programs and to determine most popular program among the participants.

**Methods:** Information regarding patient and healthcare provider enrollment in the Wellness Center fitness programs were collected over a period of three months. To assess the utilization of wellness center's programs by patients and staff, a review of program attendance was done during the lunch break. Descriptive data, including gender differences were collected.

**Results:** Of the seven different fitness programs, available at the Wellness Center, that address the "BODY", the programs with the highest attendance during the lunch break time were: Zumba and Body Toning programs. The Zumba program had an average of 19 participants, a majority of whom were female 15/19 (79%). Among the female participants, 11/15 (73%) were Rancho staff. With respect to the body toning, majority were male participants 8/10 (80%). All the participants were patients with prior history of spinal cord injury (i.e. paraplegia).

	<b>Females</b>		<b>Males</b>		<b>Total</b>
	15/19 (79%)		4/19 (21%)		
<b>Zumba</b>	Staff	Patients	Staff	Patients	19
	11/15 (63%)	4/15 (27%)	1/4 (25%)	3/4 (75%)	
	<b>Females</b>		<b>Males</b>		<b>Total</b>
	2/10 (20%)		8/10 (80%)		
<b>Body Toning</b>	Staff	Patients	Staff	Patients	10
	0	2/10 (20%)	0	8/10 (80%)	

**Conclusions:** Among the fitness programs, provided by the Rancho Wellness Center, the most popular program among the female participants, is Zumba, which is not only an enjoyment form of dancing and playful exercise (1) but also a "life choice"(2). In contrast the males participants may prefer Body Toning, as an individualistic form of training/exercise, that is seen as a sport and also be more competitive. To encourage and engage participation in the fitness programs that are aimed to improve wellness, understanding gender differences through further quantitative and qualitative studies are need.