Staying physically active after college may seem easy for highly trained athletes, but in reality, many former student-athletes have difficulty maintaining an active lifestyle when they are no longer playing their sport competitively. During their collegiate careers, student-athletes typically spend several hours per day in physical training or competition. Maintaining physical activity after college can be challenging when priorities change and athletic activities are no longer a structured part of daily life.

Participating in regular physical activity has many physical and mental health benefits, including decreased risk for diabetes, cancer, anxiety, and depression, as well as improved self-esteem and quality of life. In order to sustain these benefits, student-athletes must continue to participate in healthy physical activity throughout their lives.

Moving On! was developed in recognition of the importance — and challenges — of making a healthy transition out of college sports. Moving On! utilizes small group discussion activities to provide student-athletes with information about physical activity benefits and guidelines for leading a healthy life in the future.

Moving On! prepares student-athletes to make healthy transitions to life after college sports. The goal of the program is to help student-athletes effectively move on from the structured environment of college sports, and keep moving — meaning that they transition to a physically active lifestyle even after they hang up their uniforms for the last time.

“We value the benefits that Moving On! offers to our student-athletes as we prepare them to be champions in life beyond college sports.”

-ASSOCIATE ATHLETICS DIRECTOR FOR STUDENT DEVELOPMENT AT NCAA DIVISION I INSTITUTION

Staying physically active after college may seem easy for highly trained athletes, but in reality, many former student-athletes have difficulty maintaining an active lifestyle when they are no longer playing their sport competitively. During their collegiate careers, student-athletes typically spend several hours per day in physical training or competition.

Maintaining physical activity after college can be challenging when priorities change and athletic activities are no longer a structured part of daily life. Participating in regular physical activity has many physical and mental health benefits, including decreased risk for diabetes, cancer, anxiety, and depression, as well as improved self-esteem and quality of life. In order to sustain these benefits, student-athletes must continue to participate in healthy physical activity throughout their lives.

Through the Moving On! curriculum, student-athletes explore how no longer being a college athlete affects the way they see themselves, and they reflect on the role that physical activity will play in their future lives.

- Student-athletes are equipped with specific strategies to plan for their own lifestyle transition by learning how to set effective goals, prepare for unexpected challenges, and develop practical solutions.

- Additionally, student-athletes are exposed to lifetime physical activities such as yoga, kickboxing, and dancing.

- The Moving On! student-athlete workbook and companion facilitator guide help program participants and leaders progress through the educational content and fun activities.

- After completing the Moving On! program, student-athletes will walk away with a game plan for next season: life.

“I loved Moving On! It was very informative and interesting. I especially liked being active during the program sessions. I learned a lot about goal-setting and, in all, I think the program will help make my transition easier.”

-STUDENT-ATHLETE WHO COMPLETED MOVING ON!

For more information or if you have questions or comments, email us at: movingon@uncg.edu