



FIT & WELL

2026-2027

WELCOME!



What is a Living-Learning Community?

A living-learning community (LLC) is a group of students who share a common academic or theme interest and live together in a residence hall. Residence Life partners with faculty and staff across campus to implement special programming related to the LLC focus. Students living in the LLC also have the opportunity to get to know these partners outside of the classroom.

What should I expect as part of the LLC?

Your Resident Assistant (RA) will have information about a variety of activities and resources related to the topic of your LLC and academic support. Plan on being involved in various events and share your ideas for future programming! The more involved you are with the community, the more benefits you'll gain.



Meet Your RAs!

ADDISON CAMBRON

Major: Nursing

Hi everyone! My name is Addison Cambron, and I'll be your RA on the Fit & Well floor in Freddy this year! I'm from St. Louis and heading into my sophomore year as a nursing major. I love staying active, especially playing pickleball, joining rec sports, hikes, or just anything to move my legs and get some Springfield air. I will never turn down a good movie/game night, 7 brew run, or a life changing late night Waffle House trip. I'm really excited to get to know each of you, help you feel at home, and build a fun, supportive, and energetic community together. I can't wait to meet you all and make this the best year ever! GET HYPE BEARS!

Take this survey.

to tell Addison & Zeke what events you want!

*you could win a \$50 gift card!

ZEKE LEE

Major: Undeclared

Hello! My name is Zeke Lee and I will be the RA of Freddy 4 West Main Fit & Well. This will be my first year as an RA, I am super excited to be your RA and meet everybody. I am currently undecided with my major, but I am leaning heavily towards exercise science. I love staying active and being outside. My current hobbies are rock climbing, fishing, and playing video games. I'm looking forward to a great year, and can't wait to spend it with everyone!

Meet Your Partners!

Tena Reel

Student Wellness Coordinator

My name is Tena Reel. I have been at Missouri State University since 2022. I started off as a nurse at Magers Health and Wellness Center and was promoted to the Student Wellness Coordinator 1 year ago. I was school nurse at a public K-12 school. I retired from a Federal Prison in 2016 after 25 years. I have 3 wonderful daughters and 2 handsome grandchildren! 😊 I enjoy kayaking, traveling, camping at the lake and music. I truly love students! I am dedicated to empowering students to become confident, healthy, and compassionate leaders by fostering a campus culture rooted in wellness. My job is to create safe and engaging spaces where every student will feel valued, heard, and inspired to thrive—both in college and beyond.



Chiara Citterio

Mental Health Clinician



Hello everybody! My name is Chiara Citterio and I use she/her pronouns. I'm originally from Milan, Italy and I moved to Springfield, MO in 2012 to pursue degrees in Psychology and Gerontology while playing golf on MSU women's golf team. In 2018 I completed a Master of Science in Clinical Psychology here at MSU, and upon graduation I started working as a Mental Health Clinician at the MSU Counseling Center. In my free time I enjoy reading, woodworking, cooking, spending time with my family, and playing with our 3 dogs and 2 guinea pigs. I also absolutely love coffee and really enjoy crafting new coffee drinks.

Fitness and Wellness on Campus

Foster Recreation Center

Also known as the FRC, the Foster Rec Center first opened in 2012 after student requests. It features a pool, indoor track, fitness center, rock-climbing,



basketball and volleyball courts and much more! Click [**HERE**](#) to learn about additional resources available at the FRC and hours the FRC is open.

Download the new FusionGO app to connect to the FRC! Explore activities, find hours and discover sessions



Magers Health and Wellness Center



Magers Health and Wellness Center provides a diverse range of services and programs to meet the needs of students and the community. They offer lab services, counseling, and have an on site pharmacy. To learn more about Magers, click [**HERE**](#) to explore additional resources and hours.



Want to learn more about Freddy House? Check out this video!

Your LLC Social will be on:

**Saturday, August 15, at
2:00 pm at Foster Rec**
Meet with your RA on your floor

You won't want to miss this
chance to meet your floor and
your LLC partners!

**Come tour the Foster Rec
Center, play volleyball, plan
your semester and enjoy
snacks!**



Our campus **Bear Line** service can help you get around once you get to campus! Check out the routes offered by our shuttles so you can figure out the best ways to class and to get around town. There is even an app you can download to track each Bear Line and see current wait times! To learn more, click [HERE.](#)



Want to check out where your classes are and where to park on campus? Visit the campus map [HERE.](#)

WEEK OF WELCOME 2026!

It's time to celebrate a new year! Move in, meet new friends and enjoy a week full of events. Events include:



Thursday, August 13

Room Decor Bingo 7-9pm
PSU Theater

Sponsored by:



Friday, August 14

Snow Glad to See You
11-2pm (rain or shine)
Plaster Student Union Patio

417 Street Fest 6-8pm
Elm Street



Saturday, August 15

BearZEN 9-10am
Magers Health & Wellness Center 100

Grab a Scoop with FSL 12-2pm
Plaster Student Union Patio

Bear Bash 7-10pm
North Mall and PSU



Sunday, August 16

New Student Convocation 2pm
Great Southern Bank Arena

Campus Fest CMA 6:30-9pm
North Mall

And more! For the full list of events,
click [HERE!](#)