

Name: Gracie Groat

Year: 03

Major: Biomedical Sciences

Minor: Leadership

Slogan: “*Get Up With Groat*”

Qualifications:

- Auburn University War Eagle Girl and Plainsman: *War Eagle Girl*
- Women’s Leadership Institution Student Advisory Board
- Student Government Association COSAM Senator
- Panhellenic Sorority VP of Administration

At a young age, I was placed in gymnastics, cross country and track. These sports taught me self-discipline and determination, but most importantly they taught me how to cope with mental barriers that I may face. I soon developed a tendency to set goals that would help me throughout different seasons of my life. One quote that stuck out in high school while running cross country and track was that “Running is 90% mental and 10% physical.” When I came to college, I soon realized that life is also 90% mental and 10% physical.

I plan to highlight the importance of motivating the student body to use movement as a way of improving mental health. I would be honored to provide a solution—physical activity—to the recurring problem of mental health problems. My platform focuses on three primary ways to remind students to *Get Up* and prioritize their mental health.

GO:

- I truly believe one of the most vital parts of creating a healthier community is setting goals and utilizing the opportunities placed in front of you. The promotion of all ample opportunities to *Get Up* and get active towards the betterment of one’s mental health will highlight On and Off campus opportunities.

GROW:

- In order to grow mentally and physically, individuals need to have the opportunity to learn. The initiative of growing through my platform is seen through a visual that displays basic suggestions on how to fuel your body well, all while simultaneously providing an ample opportunity to fuel your brain.

GATHER:

- As Miss Auburn, I would host a 5K to promote the improvement of mental health through physical activity. However, striving towards the goal of improvement as a community, this 5K would be different than most. Instead of participants showcasing a number across their bib, participants would run in honor of someone they know

experiencing mental health issues or for one who has conquered them. This would provide the community with an opportunity to join together, striving towards the goal of a sound mind and a sound body.

The line of the creed I have chosen is this: “I believe in a sound mind, in a sound body and a spirit that is not afraid, and in clean sports that develop these qualities.” The Auburn family consistently stands united because of the foundation of our Creed. Specifically, when rooted in this line of the creed, the student body joins together pursuing the goal of championing one another towards physical and mental well-being, ultimately creating a sound mind and sound body. I am excited to meet each of you and share my heart behind being mentally and physically strong!

War Eagle,

Gracie Groat