

Be Fit Be Well Challenge- Stress Management

The purpose of this program is to educate the participants on the effects of stress on the body through engagement in the variety of stress management programs that are offered on campus for 7 weeks.

- Participants will be required to sign up at the front desk and receive a card to track their involvement in programs offered.
- Participants must engage in 6 approved programs in 7 weeks. The programs include:

Yoga

Tai Chi

Meditation

Massage

Exercise (class or fitness center)

- Participants can only use exercise for 2 of their total programs.
- Cards must be signed by front desk worker, fitness center worker, or class instructor.
- Meditation on-line on the Schumo webpage may be used and counted as one program.

Participants will receive a wrist band when program is started to remind them of their commitment and will receive a t-shirt when tracking card is turned in.

Program starts October 3rd - November 21st.

Be Fit and Be Well