START STRONG
Wellness Events to Get You Going

STRESS REDUCTION AND HEALTH RESOURCES

• Wellness Pop Ups
  1/14 and 1/28, 12pm - 2:30pm / Locations change, see @wellnessusf
  Look for our USF Health and Wellness tents to pick up freebies and learn about events and resources on campus throughout the semester.

FITNESS AND ACTIVITY

• Greens & Gold Artisan Market
  February 6, 2020 / MSC Lawn
  Enjoy fresh produce, homemade goods, and Love Your Body week activities.

• WellChecks
  By appointment Wednesdays and Fridays / The Fit Gym
  Students who participate will have their body mass index (BMI), body fat percentage, and blood pressure screened and then meet with a Wellness Center Consultant to discuss campus resources to help develop a plan for success.

• Group Fitness Classes
  Different locations on Campus Class / Registration online
  Group fitness classes are a great way to get active and meet new friends. We offer a variety of formats from cardio based classes such as Zumba and Cycling, to strength based classes such as Total Body Conditioning and everything in between.

• Fundamentals of Boxing
  Campus Recreation / Registration online
  Practice the fundamentals of boxing and pad training, while getting a high intensity workout!

HEALTH EDUCATION AND PROGRAMS

• Wellness Wednesday: Healthy Resolutions
  Wednesday January 22, 5:30-7:30pm / Juniper-Poplar Lobby
  Wednesday January 29, 5:30-7:30pm / Village Courtyard
  Hoping to start your semester on the right track and reach your goals? Stop by to participate in activities, win prizes, and learn about campus resources that will help you be your best YOU!

EMOTIONAL WELL-BEING

• TAO
  Access the TAO app on your phone or online anytime
  Learn how to conquer general stressors, like anxiety, depression and more while accessing online mindfulness tools to help you conquer day-to-day struggles.
  usf.edu/onlinementalwellness

• Join a Therapy Group
  Throughout the week / Counseling Center
  USF has group counseling sessions that meet throughout the week on different specialized topics, like LGBTQ+, Dungeons and Dragons, and Total Nourishment.
  https://www.usf.edu/student-affairs/counseling-center/