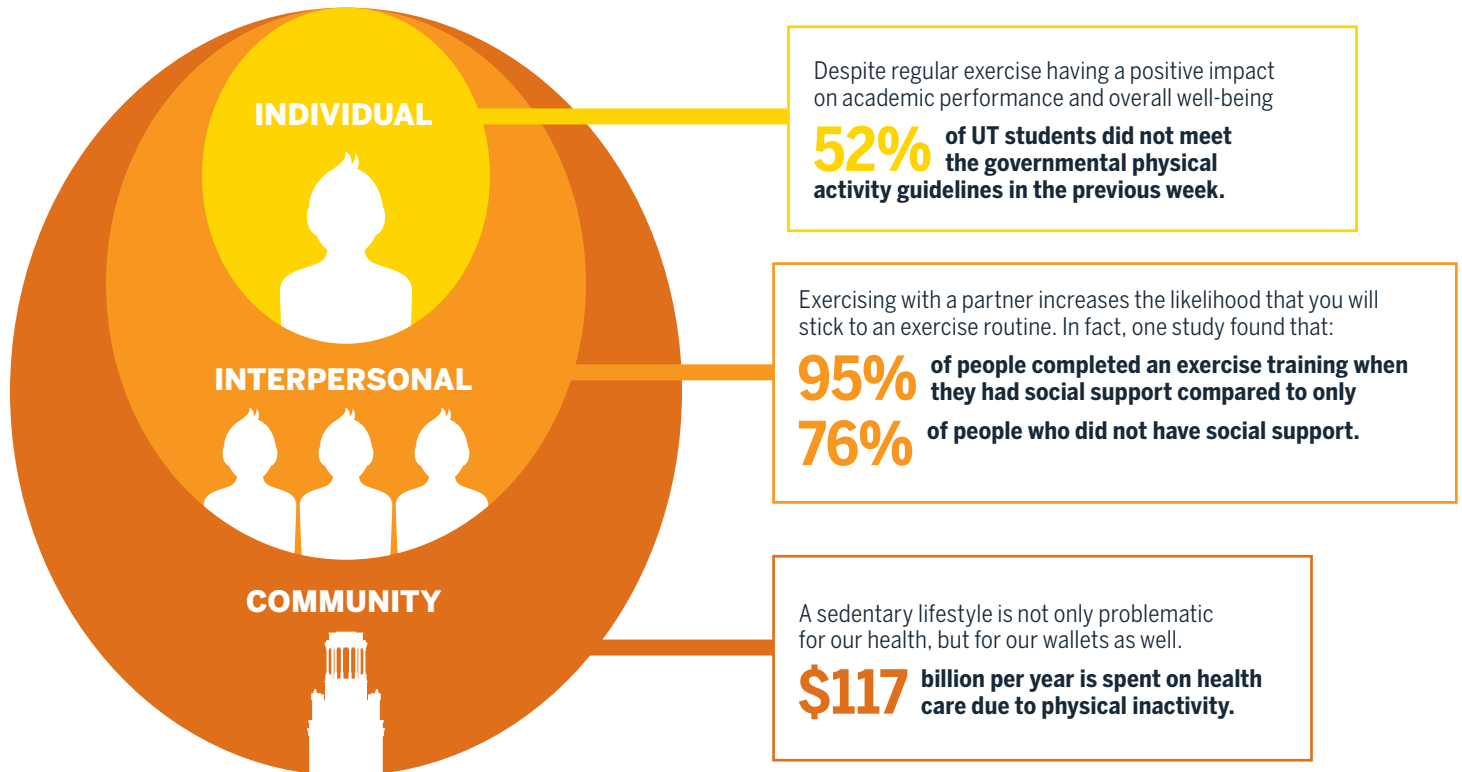


WELLNESS NETWORK ISSUE BRIEF

Physical Activity



WHAT'S UT DOING TO ADDRESS THE ISSUE?

UT Recreational Sports: Provides facilities, programs, and services around campus to help campus members prioritize exercise including the TeXercise Pass, which provides unlimited access to 100+ group exercise classes each week.

Get KINetic: An exercise program located in the all-female Kinsolving Residence Hall that provides a safe and convenient location for female participants to enjoy a free weekly workout class.

Healthy Student Organization Program: A free program that connects student organizations to health and wellness resources including making it easier to access physical activity on or near campus.

Get Fit!: A supervised exercise program run by the Fitness Institute of Texas (FIT) that has both a nutritional and physical activity component.

Healthyhorns Peer Educators: A student volunteer group dedicated to providing interactive and educational outreach activities that positively impact student health, including workshops focused on promoting physical activity and educating students about campus resources.

The Body Project: A peer led, group-based prevention program designed to help female identified college students feel better about their bodies and prevent eating disorders. The Project is a collaboration between the Counseling & Mental Health Center (CMHC) and the Longhorn Wellness Center (LWC).

HealthPoint Wellness Program: A Human Resources program aimed at improving the health and well-being of faculty and staff including activities and programs focused on fitness.