

Well Devils Update

March 31, 2014

Sun Devils are Well Devils



Well Devils – Be Active Every Day

Sitting in classes, using computers, traveling in cars and watching television can lead to tight muscles and back soreness. Take some “breaks from sitting” this week. Sit for an hour and then stand, stretch or walk for two to five minutes. Learn more at [ASU Wellness Fitness & Active Living](#).



Do You Text More Than You Talk?

Put down the phone. Reconnect face-to-face. Take a walk with a friend, share a meal together or meet at the library to study. Learn more about [relationships](#) and [why friends are important](#) at [Helpguide.org](#) and [ASU Wellness Healthy Relationships](#).



Wellness Activities & Events

[Mar. 31 – Apr. 18 Online Registration for Pat’s Run: April 26, ASU Tempe](#)
[Mar. 31 – Apr. 4 Well Devils Week, Tempe](#)
[Apr. 2 Bloodmobile Blood Drive, Polytechnic](#)
[Apr. 2 Conditioning for Stress, Polytechnic](#)
[Apr. 2 Night at the Spa, Polytechnic](#)
[Apr. 5 Night at the Spa, Downtown Phoenix](#)



Well Devils Resources

[ASU Counseling Services](#)
[ASU Health Services](#)
[ASU Wellness](#)
[Sun Devil Dining](#)
[Sun Devil Fitness](#)
[Well Devils](#)

*The Well Devils Update is produced by [ASU Wellness](#). For additional information, contact 480.965.4721 or email wellness@asu.edu

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