

Well Devils Update

OCTOBER 4, 2015

SUN DEVILS ARE WELL DEVILS



Well Devils – Adopt a Healthy Eating Style

Healthy eating is a lifestyle that includes listening to your body, balance, eating a variety of food and moderation. Need help creating a healthy eating style? Schedule a [Nutrition Counseling](#) session with ASU Health Services.



Tips for Eating Healthy

Tips to develop healthy eating habits include: drinking water, eating more fruit and vegetables, taking a daily multivitamin, scheduling and planning meals and snacks and reading food labels. Learn more at [ASU Wellness Healthy Eating and Nutrition](#).



Wellness Activities & Events

- [10/5 – 10/9 ASU Celebrates Pride Week](#)
- [10/6 Farmers Market @ ASU Tempe](#)
- [10/7 Love Wins, What's Next? West](#)
- [10/7 For the Bible Tells Me So: Movie and Discussion, Polytechnic](#)
- [10/7 Rainbow Fest: First Edition, Downtown](#)
- [10/7 Plastic Paradise Film Screening, Tempe](#)
- [10/10 Devils on Mill & ASU vs. Colorado Blackout, Tempe](#)

Well Devils Resources

- [ASU Counseling Services](#)
- [ASU Health Services](#)
- [ASU Nutrition Counseling](#)
- [ASU Wellness](#)
- [Farmers Market @ ASU Tempe](#)
- [Sun Devil Fitness](#)



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