

# Well Devils Update

Jan 21 , 2013

Sun Devils are Well Devils



## Well Devils – Visit Sun Devil Fitness

Exercising at the Sun Devil Fitness Complex (SDFC) is a great way to spend time with friends. As a current ASU student, you are already a member. Visit [Sun Devil Fitness](#) to learn more.



## Getting Enough Exercise

**96.9%** of ASU students believe it is important to engage in daily physical activity. A balanced fitness program includes aerobic exercise, 3-5 days per week, resistance training 2-3 days per week and stretching a minimum of 3 days per week. Learn more at [ASU Wellness Fitness and Active Living](#).

## Wellness Activities & Events

[Jan. 21 Health Insurance Sign Up, West](#)  
[Jan. 22 Health Insurance Sign Up, Polytechnic](#)  
[Jan. 23 Health Insurance Sign Up, Tempe](#)  
[Jan. 23 Personal Pledge Event, Polytechnic](#)  
[Jan. 24 Health Insurance Sign Up, Downtown Phoenix](#)



## Well Devils Resources - New Patient Portal for Students

[ASU Health Services](#), a member of the Mayo Clinic Care Network, has launched an [online patient portal](#) for students to send and receive secure messages with their ASU Health Services health care provider, have round-the-clock access to their medical records and obtain information on various health and wellness topics. Access the portal at [ASU Health Services](#) or MY ASU, Campus Services.

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

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