

Well Devils Update

October 15, 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](#).



Active Living Tips

Tips for active living include: walk, bike or skate to class, use the stairs instead of the elevator, exercise with a friend or group, work out at the [Sun Devil Fitness Complex](#) or be active outside.



Wellness Activities & Events

[10/15 – 10/21 Register for Sexual Wellness Ambassador Oct. 25 Training, ASU West](#)
[10/15-10/16 & 10/17 Clothesline Project T-shirt Painting, Downtown Phoenix](#)
[10/15-10/16 Clothesline Project T-shirt Painting, ASU West](#)
[10/15 Clothesline Project T-shirt Painting and Display, Polytechnic](#)
[10/16 The Science and the Stigma: Panel Discussion on HIV/AIDS, Tempe](#)
[10/18 Devils On Mill](#) and [Sun Devil Football vs. Stanford, Tempe](#)



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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