

# Well Devils Update

October 6, 2014

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

[10/3 – 10/10 ASU Celebrates 2014 Pride Week, Campus-wide](#)

[10/6 – 10/10 Mental Health Awareness Week, West](#)

[10/6 – 10/10 Living Tree Project, Downtown Phoenix](#)

[10/7 Farmers Market @ ASU Tempe](#)

[10/8 Night at the Spa, Polytechnic](#)

[10/9 Mental Health Is....? Tempe](#)



## Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Wellness](#)

[Farmers Market @ ASU Tempe](#)

[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](mailto:wellness@asu.edu)

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