

Well Devils Update

February 9, 2015

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](#).



stay happy

Bypass The Blues: Get the Nutrients Your Mind Needs

Whole grains, fruits, vegetables and healthy protein from fish, poultry, beans and nuts will energize your body and brain. Use the [Harvard School of Public Health - Healthy Eating Plate](#) to create a well-balanced and nourishing meal. Learn more at [ASU Wellness Healthy Eating & Nutrition](#).



Wellness Activities & Events

[2/9 – 3/18 Fork the Smoke! Tobacco-free Challenge](#)

[2/9 – 2/12 Register for Feb. 18 Traffic Skills 101: Part 1 – Bicycle Basics, ASU Tempe](#)

[2/10 Treats and Gifts for Valentine's Day, Farmers Market @ ASU Tempe](#)

[2/10 Nutrition Trivia, ASU West](#)

[2/13-2/15 Humanity 101 Spring 2015 Kickoff: The Love Thing, ASU Tempe](#)

[2/16 The Body Image Workshop, ASU Polytechnic](#)



Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Project Humanities](#)

[ASU Wellness](#)

[Sun Devil Dining](#)

[Sun Devil Fitness](#)

*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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