

# Well Devils Update

January 12, 2015

Sun Devils are Well Devils



## Well Devils – Visit Sun Devil Fitness

Exercise at the Sun Devil Fitness Complex (SDFC) to stay in shape, reduce stress and spend time with friends. Meet new people, improve your athletic skills and have fun, join an [intramural team](#) or [sport club](#). 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, resistance training and stretching. Learn more at [ASU Wellness Fitness and Active Living](#).



## Wellness Activities & Events

- [1/12 – 3/18 Fork the Smoke! Tobacco-free Challenge](#)
- [1/12 – 1/18 Free Devil-X Group Fitness Classes](#)
- [1/12 – 1/20 Register for Intramural Basketball and Intramural Soccer](#)
- [1/12 – 1/22 Register for FIFA Xbox Intramural Tournament](#)
- [1/13 Farmers Market @ ASU Tempe](#)
- [1/15 ASU Men's Basketball vs. Utah, Throwback Thursday, Tempe](#)



## Well Devils Resources

- [ASU Counseling Services](#)
- [ASU Health Services](#)
- [ASU Tobacco-free](#)
- [ASU Wellness](#)
- [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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