

Well Devils Update

January 27, 2015

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.



Eating Healthy?

97.3 % of ASU students believe it is important to eat healthy daily. Boost your health and increase your energy, eat a fruit or vegetable with every meal. Learn more at [ASU Wellness Healthy Eating & Nutrition](#).



Wellness Activities & Events

[1/26 – 3/18 Fork the Smoke! Tobacco-free Challenge](#)
[1/26 – 2/1 Early Registration for 11th Annual Pat's Run, April 25, Tempe](#)
[1/27 Farmers Market @ ASU Tempe, Five Year Anniversary Celebration](#)
[1/28 What We Can Learn From Bees About Teaching and Learning, Tempe](#)
[1/30 – 1/31, 2/1 ASU Dance Presents: Emerging Artists II, Tempe](#)
[1/31 ASU Night of the Open Door, Downtown Phoenix](#)



Well Devils Resources

[ASU Counseling Services](#)
[ASU Health Services](#)
[ASU Nutrition Counseling Services](#)
[ASU Wellness](#)
[Farmers Market @ ASU Tempe](#)
[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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