

Healthy Lifestyle



Get Active



[Step Challenges](#) Participate in several step challenges throughout the year to get active.



[Mindful Breaks](#) Guided stretching and breathing to relax and rejuvenate.

[Walking Routes](#) Maps of campus walking routes to enjoy.



[Online Workouts](#) Choose from a variety of online workouts to get active.



[VWell Connect](#) Connect with others at Vanderbilt over shared activity interests.

Eat Healthy



[Nutrition Corner](#) Each month includes a practical new topic and easy, delicious recipes.



[TASTE](#) Eat delicious food, save money, and minimize your time in the kitchen with this ten week challenge July - September.

[Farmers' Market](#) Visit the market every Thursday June - October.

Healthy Weight



[Know Your Numbers](#) Track weight and body mass index.



[Spring Into Summer](#) Take the summer challenge to maintain weight June - July.



[Hold the Stuffing](#) Take the winter challenge to maintain weight November - January.

Personalize Your Well-being Plan



[Go for the Gold](#) Identify health risks, take action to reduce those risks, and earn a yearly Wellness Credit.



[Lifestyle Coaching](#) Personal lifestyle coaching to help you find the motivation and tools to reach your health and wellness goals.



[Healthier You Presents](#) Live and recorded presentations on a variety of wellness topics.

Support Identified Health Needs



[Diabetes Prevention Program](#) Prevent or delay type 2 diabetes by developing skills to lose weight, be more physically active, and manage stress in a group setting led by trained lifestyle coach.



[Babies & You](#) Prenatal education program to encourage early and consistent prenatal care. Educational sessions on various topics are offered monthly.



[Quit Rx](#) Counseling and treatment services to help you quit smoking.



[Control is the Goal](#) Blood pressure management program.

Grow the Culture of Wellness at Vanderbilt



[Wellness Commodores](#) Have an interest in wellness? Partner with Health *Plus* to become a Wellness Commodore for your work site.



= Virtual Option Available

bit.ly/vandyhealthplus Follow us: @WellVanderbilt

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