Healthy Lifestyle

Get Active
- **START! Physical Activity Program** Participate in 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.
- **Vanderbilt Weight Watchers at Work** Earn a $25 credit per year.

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