



Health Plus

Advancing healthy lifestyle practices.



Go for the Gold

- Be aware of your health risks, take action to reduce your risk, and make an ongoing plan for your health.



Lifestyle Coaching*

- Personal lifestyle coaching to help you find the motivation and tools to reach your health and wellness goals.



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.



Wellness Champions

- Join us on our mission to make a meaningful impact on the health and wellness of your department and the greater VUMC community.



Know Your Numbers

- Track blood pressure, weight, and body mass index.



Weight Maintenance Challenges

- Join the seasonal challenges to maintain weight with Hold the Stuffing (November-January) & Spring into Summer (June-July).



Step Challenges

- Participate in several step challenges throughout the year to get active.



Eat Well, Live Well

- A 6-week e-course designed to help you move beyond short-term diets in favor of a sustainable pattern of eating to help you live a life of abundance.



Nutrition Corner

- Each month includes a practical new topic and easy, delicious recipes.



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FOOD TRUCKS



Mindful Stretch Breaks



Food Trucks

- Join Health Plus each week across VUMC sites for food trucks! Each week features new trucks and a Health Plus "Healthy Pick" from each menu. View our website for weekly locations and offerings.

Healthier You Podcast

- Live and recorded presentations on a variety of wellness topics.

Mindful Stretch Breaks

- Guided stretching and breathing to relax and rejuvenate.

Control is the Goal

- Blood pressure management program.



Health Plus
WELL CONNECT

Health Plus Pacers

- Participate in the Vanderbilt community walking & running club.

VWell Connect

- Connect with others at Vanderbilt over shared activity interests.

BABIES & YOU

Babies & You*

- Prenatal education program to encourage early and consistent prenatal care. Educational sessions on various topics are offered monthly.



Farmers' Market

- Visit the market for fresh, local foods every Thursday, May - October.

*VUMC faculty & staff spouses are eligible to participate in this program.



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*Call and leave a voicemail