



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.



Step Challenges

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



Mindful Stretch Breaks

- Guided stretching and breathing to relax and rejuvenate.



VWell Connect

- Connect with others at Vanderbilt over shared activity interests.



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.



Farmers' Market

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



Know Your Numbers

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



Lifestyle Coaching

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



Vandy Walks

- A monthly guided walk around Vanderbilt's campus.



Healthier You Presents

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



Health Plus

Advancing healthy lifestyle practices.



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.



Babies & You

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

Control is the Goal

Control is the Goal

- Blood pressure management program.



Wellness Commodores

- Have an interest in wellness? Partner with Health Plus to become a Wellness Commodore for your work site.



Active in April

- Get Active in April with Health Plus activities.



Move in May

- Keep active and improve well-being in May with Health Plus activities.



Spring Into Summer

- Take the summer challenge to maintain weight June - July.



Fit for Fall

- Join the Fit for Fall Step Challenge to get active during autumn.

Hold the Stuffing



Hold the Stuffing

- Take the winter challenge to maintain weight November - January.



Health Plus Pacers

- Participate in the Vanderbilt community walking & running club.

Health Plus
 PMB# 407804
 2700 Children's Way
 Nashville, TN 37235



615.343.8943
bit.ly/vandyhealthplus