

wellness on wheels

Want programming delivered to your door? Here is your chance, schedule any of the programming below and it will be brought to you! Programs can be presented in dorm rooms, Fraternity/ Sorority houses, class rooms, etc...

CONTACT INFORMATION:

To schedule any programming please contact:
Kathryn Formica, Coordinator of Student Fitness and Wellness
kaf342@drexel.edu or 215.571.4555
(Note: Please request programming at least one week in advance)

FITNESS

Dorm room workouts
No equipment needed
Workouts on demand



NUTRITION

Savvy Shopper
Nutrition and Stress
Healthy Eating on a Budget
Healthy Eating on Campus
Restaurant Do's and Don'ts



Programming provided by The Center for Integrated Nutrition & Performance

WELLNESS

Stressed Out!
ZZZZZ's to A's
Guided meditation
Wellness Screening
Let's talk about sex
Healthy Relationships



Looking for something specific? Feel free to request any additional programming.



drexel.edu/recathletics



program descriptions

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DORM ROOM WORKOUTS

Some days you just don't feel like leaving your room, it's cold, it's raining, it's just too far. This workshop will provide you with a total body workout that you can do without leaving your room. Each participant will be able to walk away with a confident understanding in each exercise and a sample circuit.

WORKOUTS ON DEMAND

Does your house or dorm floor want to work out together? With this program a workout will be brought to your door. Students will have access to a certified personal trainer and a total body blasting experience.

WELLNESS SCREENINGS

During this workshop students will learn about the components of a fitness assessment. Students will also have the opportunity to get their blood pressure, heart rate and body fat % taken.

STRESSED OUT!

Regardless of the time of year stress can be your worst enemy. This workshop will help students develop techniques of positive coping mechanisms and build strategies to live a healthier life.

HEALTHY RELATIONSHIPS

Moving away from your palace at home into a small room with other people can be a bit of an adjustment. Even if you have a private living space the constant stimulation of being around others takes some adjustment. During this workshop students will learn about healthy v. unhealthy relationships, how to deal with difficult people, and how to resolve conflict.

ZZZZZS TO A'S

This workshop will work with students on finding a balance. How to get a good night's rest and feel restored is only half the battle. The second half of this workshop will leave students with a renewed outlook on how to be fully engaged, manage their time, and get more out of their day.

GUIDED MEDITATION

Stress levels high? This workshop will guide students through a relaxing meditative experience. At the end of the workshop students will have a renewed feeling and outlook.

LET'S TALK ABOUT SEX

This sex educational program incorporates fun and interactive games—jeopardy, bingo, and condom races -- into a jam packed agenda including: education on contraception, STDs, date rape drugs and sexual FAQs. The hands-on games lead to increased participation and group learning of the topics of sexual education. The program wraps itself up with a group Q&A session for facilitator as well as the giveaway of condoms for the winnings students and teams.

SAVVY SHOPPER:

Supermarkets can be over whelming. There are so many options it is hard to decide which is best. This workshop will provide students with tips on how to save money while shopping for healthy food. Students will also learn how to navigate the super markets.

NUTRITION AND STRESS

Feeling stressed? This workshop will help students to understand how food can positively and negatively impact their study habits and well-being.

HEALTHY EATING ON A BUDGET

Wanting to have a well balanced diet is the first step, being able to afford it is another story. This presentation will help students understand how they can eat a well balanced diet without breaking the bank.

HEALTHY EATING ON CAMPUS

Not sure where to eat? What to eat? With so many options it can be difficult to decipher which ones are the best for you. This workshop will provide students with a understanding of which restaurants and food trucks on campus have healthy options.

RESTAURANT DO'S AND DON'TS

Overwhelmed when you go out to eat? This workshop will help you to understand how to decode a menu for healthy options. After this workshop you will feel confident in how to stick to healthy eating while enjoying a night out with friends.