

Thriving Thunderbirds Wellness Program

Fall 2022 - Nutrition

<https://www.suu.edu/hr/wellness/>



Campus Initiatives

5 points / activity

- Wellness Wednesday
- Red handed award
- Recycle / Reuse
(can be completed once a week)



Weekly Challenges

5 points / completed challenge

- Decrease Your Sweets
- New Recipe
- Meatless Mondays
- See Ya' Soda
(can be completed once a week)



Semester Initiatives

30 points / activity

- Walk 100,000 steps each month
- Join a 5k
- Volunteer with an organization for 2 hours
- Flu Shots
- Hydrate - 64 oz for woman, 96 oz for men daily (one point a day)
- **October 11th, 2022** : Nutrition Seminar
- **November 8th, 2022** : Nutrition for the Holidays
(can be completed once a semester)

