

WELLNESS WEEK 2017 Schedule Northfield Campus

4/24

Today is the first day of Wellness week. The goal for the day is to increase your water intake and avoid sugary beverages. During Advisery, join your classmates to take on some faculty in a friendly game of Volleyball. Join in for badminton and basketball in the gyms during your lunch periods.

4/25

This is the second day of Wellness week! The goal of the day is to eat one additional fruit or vegetable serving. Open gym basketball and badminton during the lunch periods in the gyms.

4/26

This is day 3 of Wellness week. The goal for the day is to get at least 8 hours of sleep tonight. KW classes are participating in the Knowledge Bowl! Badminton and basketball are open in the gyms during lunch periods!

4/27

This is the 4th day of Wellness Week. The goal for today is to be physically active for 20 consecutive minutes. The Mental Health Fair will be running during the lunch periods in the cafeteria. KW classes are participating in a group workout! The gyms are open during lunch for badminton & basketball.

4/28

This is the final day of Wellness week. The goal for the day is to find ten minutes of quiet today to participate in a mindful relaxation practice. The gyms are open during lunch for badminton & basketball.