

### Possible Healthy U Fitness Website

- Healthy U fitness website
- Partner with the nutritional staff at Pitt to develop a comprehensive webpage with both nutritional and fitness information to aide in student wellness.

### **Nutrition**

- My Plate
- How to read a food label
- Daily recommendations
- Popular college food calorie facts
- Possible healthier choice "Eat this not that"
- Health effects of sedentary life style
- Basics on chronic diseases ex. Diabetes/CVD/ osteoporosis/Female triad

### **Fitness**

- Aerobic and resistance training benefits
- Difference between physical activity and exercise
- Promotion of student Healthy U fitness/personal training program

### **Wellness Classes**

- Wellness class schedule
- Description of types of classes
- "Healthy U Calendar"

### Other University Websites:

[http://drexel.edu/healthieru/students\\_physical\\_wellness.html](http://drexel.edu/healthieru/students_physical_wellness.html)

<http://www.hr.umich.edu/mhealthy/>

<http://www.salisbury.edu/wellness/>