

WEBER STATE UNIVERSITY	University Relations Guideline <i>Approved Wellness Activities</i>	01 July 2007
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### Example Wellness Activities\*

#### Employee Wellness sponsored activities

Wellness Assessment/Follow-Up  
Classes/Orientations/Workshops/Lunch & Learns/Events

#### Campus Recreation activities

Intramurals  
Group Exercise Classes

#### Campus Club activities

Martial Arts

#### Academic Classes relating to health/wellness

PE  
Health  
Nutrition  
Dance  
Art

#### Individual/Group Activities (on campus)

Swimming Pool  
Walking/Jogging/Biking  
Parcourse  
Raquetball, Tennis, Basketball, Volleyball  
Weight Training  
Cardio Machines  
Stretching  
Exercise Ball  
Resistance Bands

#### Library Reading

Health Conditions/Topics  
Self-Improvement

\*Activities not appearing on this list must be submitted to the Employee Wellness Coordinator at [wellness@weber.edu](mailto:wellness@weber.edu) for approval and the employee's immediate supervisor must agree.

