



## Released Wellness Time Approved Wellness Activities

### Released Wellness Time PPM 3-68

#### Example Wellness Activities\*

##### Employee Wellness sponsored activities

Health Risk Assessment  
Blood Lipid Screening  
Classes/Orientations/Workshops/Lunch & Learns/Events

##### Campus Recreation activities

Intramurals/Clubs  
Group Exercise Classes

##### Academic Classes relating to health/wellness

PE  
Health  
Nutrition  
Dance  
Art

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

Swimming Pool  
Walking/Jogging/Biking  
Weber State Parcourse Trail/ Discovery Loop Trail  
Racquetball, Tennis, Basketball, Volleyball  
Weight Training/Cardio Machines  
Stress Relief Center  
Stretching

##### 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. The employee's immediate supervisor must agree with any approvals.