

# STUDENT HEALTHY LIVING RESOURCES

- SPH “Take a Break” Walking Loops  
Maps link on the Culture of Health website (includes a 5-minute Hooker Loop, 10-minute SPH Loop, 15-minute Bell Tower Loop)
- Walkfit Station (131 Rosenau) - Do your work at one of two Treadmill workstations! Calendar and user guide: [http://sph.unc.edu/files/2013/07/ws\\_userguide\\_0110.pdf](http://sph.unc.edu/files/2013/07/ws_userguide_0110.pdf)
- UNC Farmer’s Market at the Children’s Hospital Concourse - You don’t have to leave campus to get seasonal fruits and veggies from a local farm!  
When: **Wednesdays, May 6th-Oct 28th, 2015 from 11am-2pm**  
Meet your farmers: The Farm at Penny Lane, Eco Farm, McAdams Farm, Parker Farm & Vineyard, Carrboro Tropicals, PlowGirl Farm, Azurelise Truffles, Heaven Hill Farm
- Student Wellness Services: [studentwellness.unc.edu](http://studentwellness.unc.edu)
- Student Recreation Center  
- Group Fitness Classes schedules: <http://campusrec.unc.edu/group-fitness-classes>  
- HealthyHeels.org Fitness Passport  
Stop by the Student Rec Center front desk in SRC 101 to pick up your passport, free of charge, beginning March 16th. Complete the following six fitness challenges by April 24th to get a Campus Rec swag bag!
- Student Healthy Living Discounts  
- 30% Discount for yoga class passes at Franklin Street Yoga
- Community Run Clubs  
- West End Run Club - Meets at DSI Comedy on Tuesdays at 6PM; participate in 5 runs and get a free 5-class pass to Franklin Street Yoga!  
- Fleet Feet Pub Run - Meets at Fleet Feet Carrboro on Wednesdays at 6PM; 3 and 5 mile loops available, followed by fun activities at a local pub

*If you have ideas or would like to get involved,  
contact us!*