

# Blue Devil Wellness Challenge Programming

## FITNESS CLASSES

The Wellness Center will be sponsoring fitness classes throughout the spring. Check the Riverland Calendar and the Student Life Social Medias for upcoming classes. Students receive one(1) point per class!

## WORKOUT

Students receive one(1) point for one workout per day. Sign in at the Wellness Center or send an outline of your workout to Student Life to get credit. Student Athletes can count one(1) practice or workout per day.

## GET A MASSAGE

Students can get a massage on campus for \$30! Students receive two(2) points per massage. Student Life is sponsoring a number of massages for students this semester. Respond to the posts on Student Life social medias to receive your ticket for a free massage.

## RIVERLAND FOOD PANTRY

Riverland students can access a campus Food Pantry for free. Students receive one(1) point per visit.

## NUTRITION

Download MyFitnessPal and log your meals each day. Send a screenshot to Student Life to get credit. Students receive one(1) point per week logged.

Students are responsible for checking in at events and for providing proof of completion to [student.life@riverland.edu](mailto:student.life@riverland.edu)

## STUDENT LIFE RUN/WALKS

Student Life is sponsoring multiple run/walks this semester. Students receive one(1) point (and usually prizes) per run/walk completed.

## TAKE & MAKE KITS

Students can pick up a Wellness Take & Make Kit from Student Services on their campus and participate in the event from home! Students receive two(2) points per kit completed, unless otherwise noted.

## WELLNESS WORKSHOPS

Various Wellness Workshops are available throughout the semester. Participate in any workshops to get points! Students receive one(1) point per workshop!

## JUMPSTART YOUR MONDAY

Riverland Advocacy and Riverland Student Life are offering weekly workshops on Mondays at 9am and 3pm about: time management, balance, coping skills, and self-advocacy. Students receive one(1) point per workshop attended!

## SELF-CARE AT RIVERLAND COSMETOLOGY

Students that receive a self care service from Riverland cosmetology receive two(2) points per service. Watch social medias to win free services!

*View more information about the challenge at:*

*<https://www.riverland.edu/student-life/blue-devil-wellness-challenge/>*