OUR TEAM

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Pod Leaders: Angelique Lang and Erin Meeking

**Move Well** is conducting a qualitative research study on students’ sitting habits.

*G*raduate Resource Center Graduate Student Programs:
[https://www.facebook.com/graduatecenter](https://www.facebook.com/graduatecenter)

*F*lexible Fridays free yoga for students:
[https://www.youtube.com/watch?v=FLf](https://www.youtube.com/watch?v=FLf)

*K*inetic movement and mediation course

*B*rain health improvement program (BHIP) for staff:
[https://www.youtube.com/watch?v=FLf](https://www.youtube.com/watch?v=FLf)

**ACTIVITIES**

- Organizations on multiple important issues.
  - Alliance 183: to expand collaboration with other HCL pods and campuses.
  - Access: to create options for “moving” and “being moved” that engage with common sense about health-related issues.
  - Action: to develop opportunities for the campus community through meaningful and relevant health-related initiatives.
  - Awareness: to improve health knowledge and awareness.
  - Activity: to develop and promote integrative and

**MISSION**

- Create an environment where students can experience extended periods of sitting.
- Encourage and support emotional health and social interaction.
- Promote physical activity programs for
- Classes, workshops, and events of interest about exercise.
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- Graduate Resource Center Graduate Student Programs:
  - Flex bikes Fridays free yoga for students:
  - Kinetic movement and mediation course
  - Brain health improvement program (BHIP) for staff:

**KEY LESSONS LEARNED**

- Update classroom learning and studying with better overall health.
- **UCR** Undergraduate and Graduate students can experience extended periods of sitting.
- Encourage and support emotional health and social interaction.
- Promote physical activity programs for
- Classes, workshops, and events of interest about exercise.
- Move well is conducting a qualitative research study on students’ sitting habits.