



BHIP



Exercise Break



Yoga

MISSION

Activity: To develop and promote integrative and culturally-sensitive options for physical activity.

Awareness: To implement health advocacy initiatives related to movement, inspired by the HCI directive to "make the healthy choice the easy choice."

Activism: To identify opportunities for the campus community to engage with sometimes sensitive but health-critical issues through interactive initiatives that promote action toward health and wellness.

Access: To create diverse options for "moving" and "being moved" that are accessible to the entire UCLA campus community.

Alliance: To expand collaboration with other HCI pods and campus organizations on mutually important issues.



ACTIVITIES

Bruin Health Improvement Program (BHIP) for Staff:

Exercise training, stress management, and mental conditioning program

<http://www.recreation.ucla.edu/fitwell>

Bruin Mindfit for Staff and Students:

Mindful movement and meditation course

<http://www.recreation.ucla.edu/fitwell>

Flexible Fridays-Free Yoga for Students:

<https://www.facebook.com/yogauccla/>

Graduate Resource Center Graduate Student Programs:

Movement programs to de-stress and meet other graduate students

<http://gsrc.ucla.edu/Join-Our-Email-List>

Sedentary Habits Research Study:

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

And much more! <http://www.recreation.ucla.edu/>

KEY LESSONS LEARNED

- Barriers to physical activity include financial cost, lack of accountability, busy work and class schedules, and feelings of intimidation about exercise.
- UCLA faculty, staff, and students appreciate convenient physical activity programs for exercise, peer accountability, emotional health, and social interaction.
- UCLA undergraduate and graduate students can experience extended periods of sitting during classroom learning and studying, which affects their overall health.

OUR TEAM

Pod Leaders: **Angelia Leung** and **Erinn McMahan**

GSRs: **Elisabeth Nails** and **Tracy Lahey**

FOR MORE INFORMATION, VISIT US AT HEALTHY.UCLA.EDU OR EMAIL US AT MOVEWELL@UCLA.EDU

THANK YOU TO JANE AND TERRY SEMEL FOR THEIR VISION, SUPPORT AND LEADERSHIP OF THE HEALTHY CAMPUS INITIATIVE, AND FOR THE HCI CAMPUS LEADERSHIP, INCLUDING CHANCELLOR GENE BLOCK, EXECUTIVE VICE CHANCELLOR SCOTT WAUGH, AND ASSOCIATE VICE PROVOST WENDELIN SLUSSER.