NEW YEAR. NEW GOALS. NEW WAYS TO ACHIEVE THEM.

COME LEARN ABOUT THE RESOURCES AVAILABLE ON IOWA STATE’S CAMPUS TO HELP YOU FIND YOUR WAY TO A HOLISTIC, HEALTHY LIFESTYLE.

VISIT WITH THE FOLLOWING ORGANIZATIONS:
- GROUP FITNESS
- PERSONAL TRAINING
- OUTDOOR RECREATION
- SPORT CLUB COUNCIL
- STUDENT COUNSELING
- STUDENT WELLNESS
- EXERCISE IS MEDICINE
- CHAARG

JOIN US FOR...
PERSONAL TRAINING ASSESSMENTS
SAMPLE FITNESS CLASSES
MEDITATION EXERCISES
OUTDOOR RECREATION CONTESTS
ACTION PLANNING
MINDFUL EATING EXERCISES

FREE BLENDER BOTTLES FOR THE FIRST 50 GUESTS!

FREE WHIRLYBIRD SMOOTHIE SAMPLES!