

Blue Devil Wellness Challenge Programming

FITNESS CLASSES

The Wellness Center hosts fitness classes including Yoga and Zumba! 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 work out 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.

RUN/WALK/EXERCISE @ HOME

Can't get to campus? No problem Take a walk or do a work out at home, log it, and send the log to Studnet Life. Students receive one(1) point per run/walk/workout completed.

CRAFTERNOONS & TAKE & MAKES

Students can join in the Austin MakerSpace or pick up a take and make kit from Student Services on their campus. Send a pic of your completed project to Student Life to get credit. 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!

VISIT ADVOCACY SERVICES

Visit with someone from Advocacy Services about anything from stress, to mental health, to conflict resolution, accessibility, PSEO, and basic needs such as food, and housing. Students receive two(2) points per scheduled meeting.

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!