Tips for Staying Healthy This Summer

1. Apply SPF Daily
2. Try a "Healthier" BBQ
3. Hydrate, Hydrate, Hydrate
4. Travel Light
5. Eat Breakfast!

Click the image on the right to read more!

Union Health and Wellness Events

Join our Wellness Webinar!

When: Wednesday July 19th
Time: 12pm - 1pm
How to sign up: Register at wellwisconsin.staywell.com

Additional Details on UW Madison's Health and Wellness Events

Take advantage local gyms and restaurants on campus to stay healthy this summer!

The Barre Code
Enjoy Yoga on the Terrace! We have had over 20 Wisconsin Union employees being involved this summer. 
YOU MUST REGISTER IN PERSON AT OUTDOOR UW. 
Click on the image above for more details!

Rec Sports has a variety of opportunities available for students in the Madison Area this summer.

Click the Rec Sports image above for details on:
- Sunrise Outdoor Yoga
- Personal Training
- BuckyFit & Wake Up Warrior Boot Camp
- Workplace Wellness Workouts

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