

Be a Hamilton Wellness Champion!

1. Medical

Activities:

- Heart screening
- Health Risk Assessment
- Flu shot
- Participate in a Blood Drive
- Participate in a Be the Match Drive
- Acupuncture Visit
- Dental Checkup
- Eye Checkup
- Physical Therapy Visit

2. Educational

Activities:

- Attend a Wellness Presentation
- Participate in a health coaching session
- Participate in the “Unplugged” program
- Attend Restorative Yoga
- Attend InnerSpace
- Attend a meditation Session
- Participate in a Community Service project

3. Fitness (Suggested 30-minute minimum)

Activities:

- Fitness Center workout
- Chair Massage
- Fitness Class
- Off Campus Workout
- Hamtrek
- Ham&Legs
- Participate in an Outdoor Rec Program
- Participate in an off campus road race/ triathlon/etc
- Participate in the Monday Mile
- Pool Workout

Benchmarks:

200 Points: Water Bottle

400 Points: Hat

600 Points: Workout Towel

800 Points: Socks

1000 Points: “Hamilton College Wellness Champion” T-Shirt