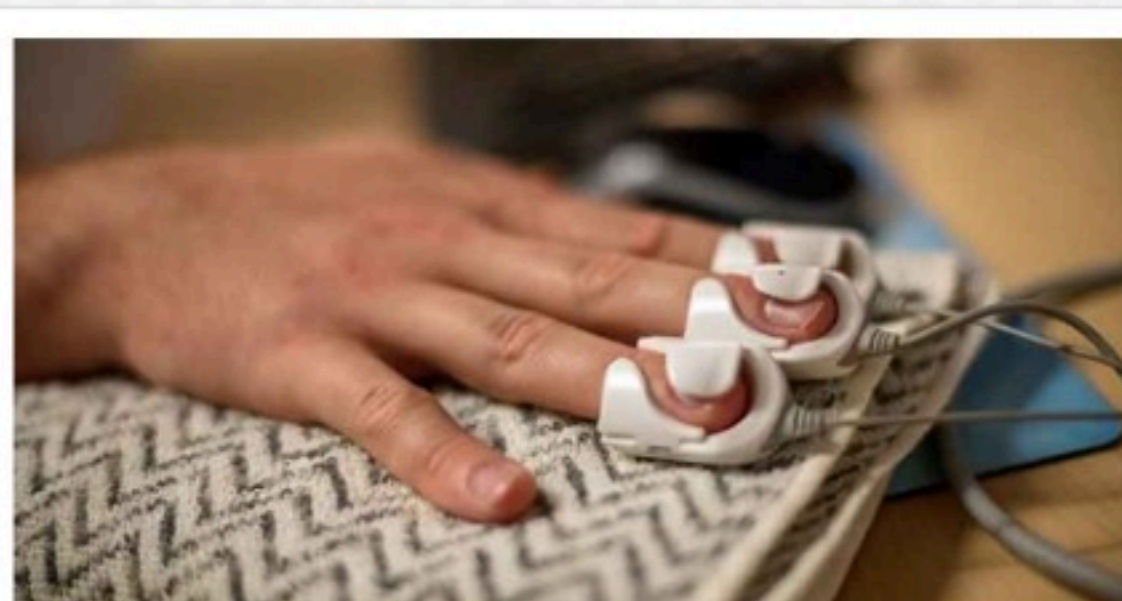


Services

Stress Reduction Room

The stress reduction room is a safe place for students to take a nap, meditate, practice mindfulness, yoga, light therapy, and aromatherapy. One-hour time limit.

Cost of Service: FREE



Service Details



Fit3D Body Scan

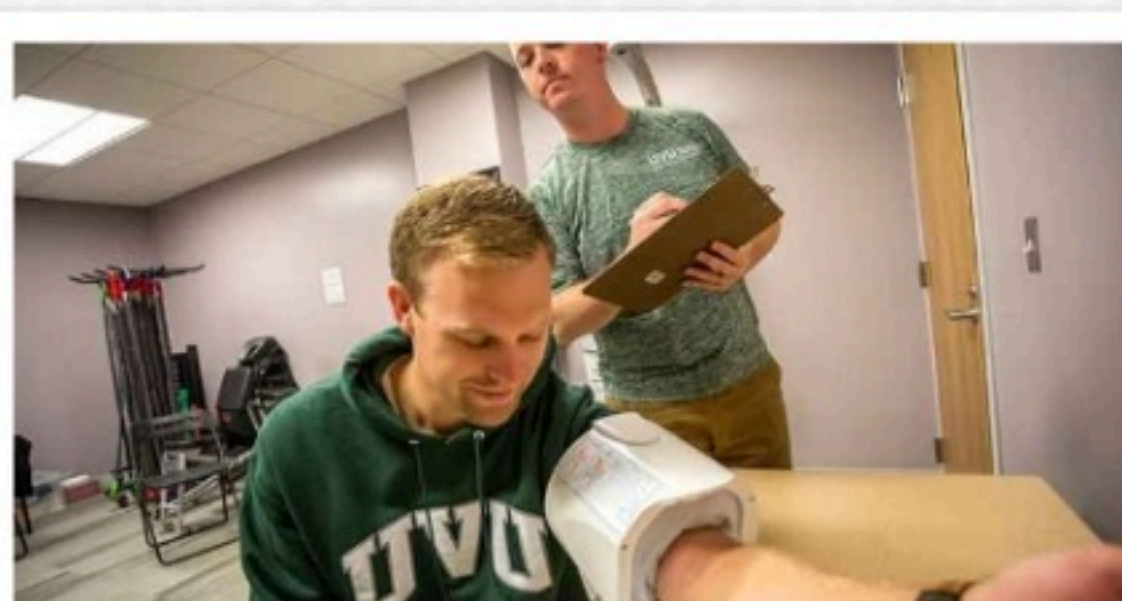
- Full 3-D Body Image
- Posture Analysis
- Body Shape
- Weight and Body Composition (body fat %, fat mass, and lean mass)
- Measurements

No appointment is needed

Open Monday - Friday, 8:00 am - 5:00 pm

(Wear minimal and form-fitting clothing)

Cost of Service: \$6



Service Details



Recliner Massage Chairs

Recliner Massage Services available in room SL 211. A full body massage experience. Massage for optimal relaxation that targets the upper back, lower back, neck, thighs, and feet. A heating system warms the body and promotes blood circulation.

Cost of Service: \$2 per 15 minutes



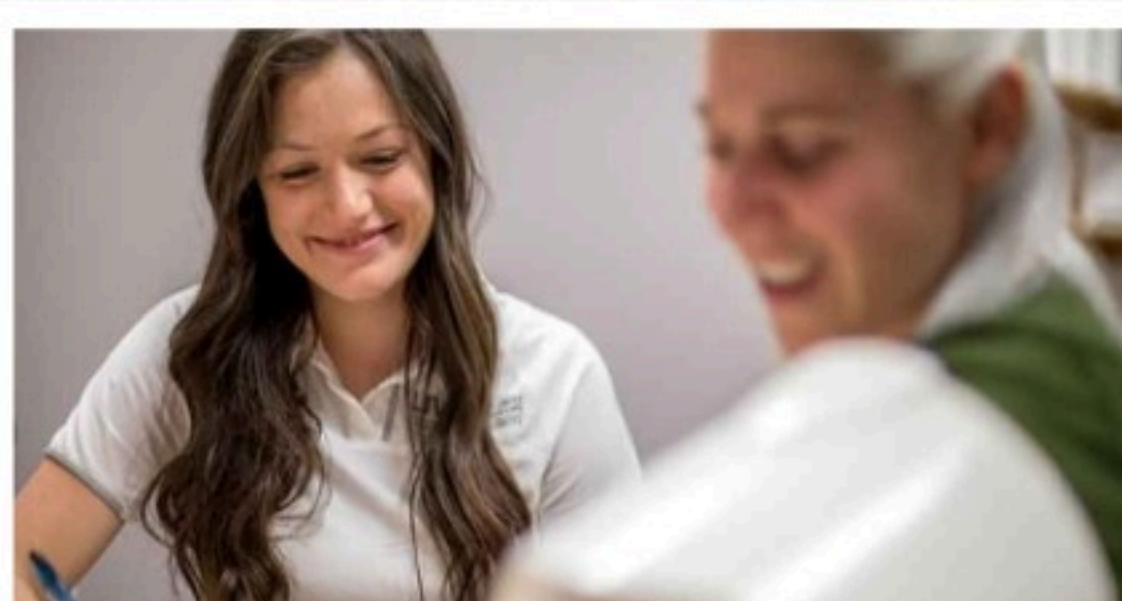
Service Details



Monthly Health Screenings

Wellness Programs provides FREE health screenings (a \$5 value) twice a month for UVU students and employees. A Wellness Coach will administer the screenings, provide the participant with a copy of their results, and answer any questions that the participants may have. Free Health Screenings include a wellness assessment, blood pressure and body composition testing (optional).

AVAILABLE DATES



Walking on Campus

The UVU Walking Group is a free program to help UVU students and employees incorporate some exercise during the lunch hour. Our group walks for approximately 30 minutes indoors around the campus property on Wednesday's at 1:00pm. We meet at the south-end of the Hall of Flags.

Cost of Service: FREE



Service Details



Healthy Cooking Classes

Would you like to eat healthy, but you just don't know where to start? Are you so busy that it's hard to find time to plan out healthy meals? Would you like to learn how to cook new delicious healthy foods? Come to our FREE Healthy Cooking Class held on the first Wednesday of each month at 5:30 in the Student Life (SL) Demo Kitchen. Each class is interactive and packed full of tips on preparing healthy meals, and participants always get to try out the recipes from that class. Email our Registered Dietitian to get added to sign up for the Healthy Cooking Class. Kayla.Jacobson@uvu.edu

Cost of Service: FREE

AVAILABLE DATES



Financial Resources

The Utah Valley University Money Management Resource Center [UVU MMRC] is dedicated to improving the financial well-being of individuals by equipping them with the knowledge and skills needed to make responsible financial decisions in college and beyond.

MONEY MANAGEMENT RESOURCE CENTER



Fitness Pass

Employee

Cameron Evans is the Employee Wellness Coordinator. For questions regarding your membership or enrolling for next year, please contact him at 801-863-8389 or Cameron.Evans@uvu.edu

Student

Membership to the Student Life & Wellness Center. Membership will allow you to use fitness facilities in the Student Life & Wellness Center.



Registered Dietitian

Individual nutrition counseling for disordered eating recovery, prenatal/postpartum nutrition, feeding children, diet improvements and more. Free consultation and then \$10 for each visit thereafter.

MEET WITH THE DIETITIAN



Wellness Programs | uvuwellnessprograms@uvu.edu | (801) 863-5553 | Room SL-211

STUDENT

- ADMISSIONS
- ACADEMICS
- CAMPUS LIFE
- LOOKING TO ATTEND UVU
- CURRENT STUDENT
- ACCREDITATION

EMPLOYEES

- CAREER OPPORTUNITIES
- EMPLOYEE RESOURCES
- DIRECTORY
- PEOPLE & CULTURE

COMMUNITY

- ATHLETICS
- VISITORS & COMMUNITY
- OFFICE OF THE PRESIDENT
- ABOUT UVU / HISTORY
- ALUMNI
- INCLUSION & DIVERSITY
- ESPAÑOL
- GIVE TO UVU
- CONTACT US

UTILITY

- COVID-19 INFO
- MAPS / PARKING
- SERVICE DESK
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- POLICE
- GET HELP
- SEARCH
- ACCESSIBILITY
- TITLE IX / EQUAL OPPORTUNITY