



Student Wellness

Healthiest Club on Campus

***** Quarterly the club with the most wellness points wins *****

1. Achievement Student Wellness Certificates for each member of your club
2. Golden seal JCCC Healthiest Club on Campus Award
3. Bragging rights!
4. Healthy Celebration Snacks to celebrate your win
5. Award will be given to bimonthly starting October 2017, January 2018, March 2018

How do you earn a wellness point?

1. Invite Student Wellness to your club meeting – for a 10-15 min intro for Student Wellness Program & upcoming events
2. Host a wellness event for your members
3. Members participate in group fitness classes
4. Members work out in the fitness center
5. Members have a fitness assessment
6. Members participate in a Student Wellness program
7. Post on JCCC Student Wellness Facebook or tag @fitcavs (worth 2 points!)
 - a. Nature pictures
 - b. Picture of you or your group doing a yoga pose
 - c. Picture of you working out in the fitness center
 - d. Picture of you or your group in a group fitness class
 - e. Motivational or Inspirational quotes