Healthy Lifestyles

Change is a good thing.

We have the tools you need to make it easier.

To make changes, you have to be ready to focus on where you want to go. What changes are you ready to make to improve your total well-being?

Healthy Lifestyles can help you improve your overall wellness by supporting you when you are ready to change. With the Healthy Lifestyles website, you can:

- Create a well-being plan based on the results of a private Well-Being Assessment and your own personal goals.
- Set up custom trackers to keep tabs on your exercise, weight, medication and nutrition.
- Get access to wellness resources, including videos, articles, healthy recipes and more.
- Connect with people who have the same goals.

And you can stay connected when you’re on the move by using the easy-to-use wellbeingGO app for your iPhone, iPod Touch or Android. You decide where you want to go, with Healthy Lifestyles as your guide.

Discover a better way to manage your well-being.

Look for more details coming soon and plan to sign up!

Academic Faculty
Admin Professionals
Post Doctoral Fellows
Veterinary and
Clinical Psychology
Interns

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