Healthy PSU seeks to promote a culture of positive health by providing leadership, opportunities and support for all PSU employees and their families, encouraging health and wellness in varied ways and thereby building healthy people in a healthy place.

PSU Walks

Thanks for joining Healthy PSU for our 1st Sneaker Day! Click the dates to enter future sneaker days into your calendar. It’s simple, anyone who wants to take a walk meets in front of the HUB @ 12:00 Noontime!

2014 SNEAKER DAYS ARE THE FIRST WEDNESDAYS OF EACH MONTH:

- April 2, 2014
- May 7, 2014
- June 4, 2014
- July 2, 2014
- August 6, 2014
- September 3, 2014
- October 1, 2014
- November 5, 2014
- December 3, 2014

Are you interested in getting more daily physical activity, but don’t feel like you have the time or know how to do it? Consider requesting a “PSU Walks” program presentation for your department. Get a free pedometer, learn how to set goals and slowly increase your daily physical activity. Rewards include Healthy PSU water bottles, t-shirts and free exercise psychology consulting.

Visit our website at: https://www.plymouth.edu/healthy-psu/resources/physical-activity/
Community Events

Relay For Life of Plymouth State University
Friday, April 4, 2014
5:00pm to 11:00pm
Add to calendar
Hartman Union Building

The Circle Trot
Friends to the Finish
Sunday, April 13th, 2014
Plymouth State University
Ice Arena and Welcome Center

2K Run/Walk
5K & 10K Run/Walk
Fees from $5 to $35 depending on choice of race and age level

EAT WELL

Interested in getting fresh, locally grown products delivered to campus...every week?

Join us April 8th for Tasting Tuesdays
Local Foods Plymouth
"FARM TO DESK" Presentation
Frost Commons from 12:20-12:50 pm

Click to visit Local Foods Plymouth for information

Wellness Wednesday Workshops

Learning to Manage Stress with Meditation
This is a 4-week workshop led by Gina Kelly, Ph.D., APRN. Meets every Wednesday 12:00-1:00 pm in Frost Commons, starting April 9th-April 30th. Employees will learn & practice a new form of meditation each week.

We have a few seats left, register by April 4th at healthy-psu@plymouth.edu

WEIGHT WATCHERS At Work

Join us for a registration and informational meeting!
Thursday, April 10th at Noon
Frost Commons Lounge

If we have a minimum of 15 participants register, the program will run for 12-weeks beginning Thursday, April 17th-July 3rd in the Frost Commons Lounge 12:15-1:00pm - COST $156.00

Monthly Recipe:
Roasted Fish Crispy Slaw Wrap