Be a Hamilton Wellness Champion!

Through participation in our menu of wellness activities you can earn Hamfit points and win great prizes. Use the on/off campus activities listed on back as examples of what would qualify. All activities are worth 10 points. You must include at least one activity from each category per 100 points. See reverse side of categories and suggested activities.

www.hamilton.edu/campuslife/recreation-and-wellness/wellness

Benchmarks:
200 Points: Water Bottle; 400 Points: Hat; 600 Points: Workout Towel; 800 Points: Socks; 1000 Points: “Hamilton College Wellness Champion” T-Shirt
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

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