lewis campus recreation

OCTOBER 2025 EDITION

STALL STREET NEWS

Physical Wellness

What is Physical Wellness?

Wellness is a holistic integration of physical, mental, and spiritual well-being, fueling the body, engaging the mind, and nurturing the spirit. Physical wellness focuses on taking care of your body to stay healthy now and in the future.

Ways to do that would be: managing stress, getting enough sleep, eating a healthy diet, staying active, scheduling annual medical exams, avoiding risky behaviors, etc. Most importantly, physical wellness is about discovering what healthy habits make you feel better and suit your lifestyle and level of mobility and fitness.

Building Habits

1. Start small, focus on one small change
2. Anticipate barriers and remove them (ex. set out your workout clothes before going to bed)
3. Stack new habits with ones you already have (ex. listen to a meditation while making coffee)
4. Reward yourself (ex. watch your favorite show after cooking a nutritious meal)
5. Share your goals with friends and family to stay accountable!
6. Let go of perfection - habits take time to build!!

Breast Cancer Awareness Month

Breast Cancer Awareness Month is an international health campaign that's held every October. The month aims to promote screening and reduce the risk of the disease, which affects 2.3 million women worldwide. Though rare (the average lifetime risk of a man getting breast cancer is less than 1%) breast cancer can occur in men.

- **Know your risk:** Knowing your family history is lifesaving. Talk to a doctor about your family history and see how that history impacts your risk of breast cancer.
- **Get screened:** For those at average risk, have a mammogram every year starting at age 40.
- **Make healthy choices:** Living a healthy lifestyle is within your control and may lower your risk of breast cancer. Maintain a healthy weight, limit alcohol intake, and exercise regularly.

Lewis Wellness Resources

QR code for the WELL

Follow us on social media! @LifeAtLewisU

QR code for the Timely Care App for 24/7 access

Upcoming Events

- **10/1 What's On Wednesday Peace and Creativity :** University Dining Room 12pm
- **10/3 & 10/4 Lewis Hockey Home Game**
- **10/4 Angels Against Abuse 5k for Domestic Violence Awareness Month:** St. Charles 8am
- **10/4 Lewis Fest:** University Green 11am
- **10/7 Fall Into Wellness:** Brown Hall 11am
- **10/8 Art and Thrift Fair**: Art Gallery (FA127) 12pm
- **10/10 & 10/11 Lewis Hockey Home Game**
- **10/13 Film Screening and Discussion: Where Olive Trees Weep** (Peace Teach-In/Indigenous People's Day) DL 250 6PM
- **10/15 Wear Purple for Domestic Violence Awareness Month** (All Day!)
- **10/22 Pumpkin Palooza** 11am and 6pm
- **10/22 Refusing Silence: A Black Film & Dialogue Series on Resistance and Reclamation** 6:30 PM
- **10/25 Men's Club Baseball Double Header**
- **10/31 Lewis Hockey Home Game**

Breast Cancer Awareness Shirt Giveaways!

Group Exercise Class

FREE FOR ALL STUDENTS/STAFF/FACULTY

Monday
Spin+Lower Body - 12pm | Pilates - 2:15pm
Tuesday
Spin+Upper Body - 12pm | Pilates - 2:15pm
Country Line Dance - 4:15pm
Wednesday
Spin+Core - 12pm | Yoga - 2:15pm
Thursday
Spin+Total Body - 12pm | Circuit Training - 4:15
Friday
Yoga/Pilates - 12pm

Intramurals

9/22-10/2 4v4 Soccer
10/6 Goalball
10/7-10/29 Flag Football
10/30 Halloween Pickle ball

Group Exercise

Intramurals