

CENTER FOR HEALTHY STUDENT BEHAVIORS (CHSB)

The Center for Healthy Student Behaviors (CHSB), a division of Student Health Services, provides information & services leading to positive change and/or reinforcing existing knowledge, attitudes & behaviors regarding overall personal health. CHSB has a satellite office located in the SRC that extends several services to students to help them pursue healthy lifestyles: F.I.T. Stop, fitness assessments, nutrition and fitness consultations. For more information, please contact CHSB at 919.962.9355 or visit their website at <http://studenthealth.unc.edu/chsb>.

F.I.T. Stop

F.I.T. Stop provides an opportunity for students to learn about and access their personal physical fitness (cardiovascular endurance, body composition, flexibility, muscular strength and muscular endurance.)

Fitness Consultations

The CHSB offers free fitness consultations for students interested in development of an individual fitness program. Students may call 962-9355 to schedule an appointment.

Nutrition

The CHSB offers consultation and referral in nutrition-related topics such as healthy eating habits, weight management, eating disorders & sports nutrition.

Massage Therapy Program

Ahh, relax with a 30-minute or 1-hour massage therapy session with our licensed massage therapist.

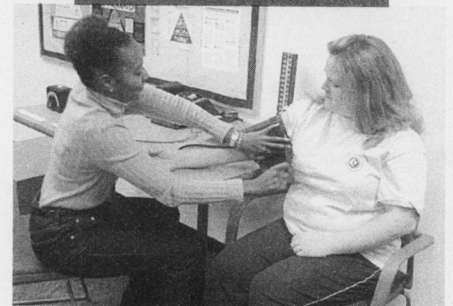
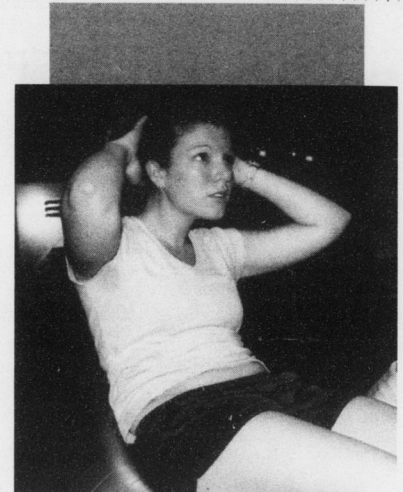
Grocery Store Tour

Are you tired of buying the same old thing every time you visit the grocery store? Is it difficult for you to choose healthy food items? Nutrition professionals at CHSB have developed a free grocery store tour to help you with these issues. Our tours will take place at the Harris Teeter grocery store on Hwy 54 at Glenwood Square. The tours are offered on an ongoing basis by request. Please call the CHSB office at 966-6586 to sign up for a tour.

National Nutrition Month - March

Love Your Body Week - February 23rd-29th

The CHSB will be sponsoring a variety of activities to commemorate National Eating Disorders Awareness Week in February. Watch for information regarding upcoming plans for this event. Student involvement with planning is welcome. Email jfaret@email.unc.edu for more information.



CAMPUS RECREATION

Campus Recreation meets the recreational needs of the University community and provides an environment where participants learn skills that last beyond the Carolina experience. Campus Recreation consists of Intramural Sports, Sport Clubs, Student Recreation Center, and Carolina Adventures. Each of these programs offers a variety of challenging and exciting activities throughout the year. For more information, visit the Campus Recreation website at www.campusrec.unc.edu or call 919.843.PLAY.

