CARPENTER SPORTS BUILDING
- LITTLE BOB - PERKS

- Main Fitness Center
- Employee Fitness Center
- Treadmills
- Stationary Bikes
- Ellipticals
- Free Weights
- Strength Machines
- Fitness Classes
- Indoor Climbing Wall
- 2 Basketball Courts
- 2 Woodball Courts
- 5 Racquetball Courts
- 1 Squash Court
- Swimming Pool
- General & Employee Locker Rooms

FRONT DESK: 302-831-8600
VISIT BLUEHENS.COM/RECREATION FOR HOURS
The University of Delaware Employee Health and wellbeing department strives to create health and wellbeing resources that are inclusive of holistic health, wellbeing and prevention.

We aspire to build a thriving culture where employees, spouses and retirees are healthy, fueled, and inspired to bring their best selves to work each day.

YOUR WELLBEING IS OUR MISSION

Our team consists of dedicated health and wellbeing professionals with a deep-rooted passion for people. Outside of our core team, we have a network of personal trainers, fitness instructors, health coaches, registered dieticians, exercise physiologists and wellbeing ambassadors.

DO YOU HAVE A PASSION FOR HEALTH AND WELLBEING?

Join our Health and Wellbeing Ambassadors (HWA) Network. Our ambassadors are employees who are walking the walk when it comes to being healthy. These positive role models help promote University-sponsored programs, services and initiatives that support a culture of health and wellbeing, while improving quality of life. The goals of the HWA are to encourage co-workers to participate in the various programs, share ideas for new opportunities and answer questions about the program.

Visit [http://sites.udel.edu/wellbeing/ambassadors/](http://sites.udel.edu/wellbeing/ambassadors/) to apply.
Our goal in Employee Health and Wellbeing is to make sure you are bringing your best self to work each day. This membership is to ensure that you are able to continue engaging in healthy behaviors and participate in the programs you love.

An annual payment of 75 wellness dollars to enroll includes:

- Lifestyle Improvement Series
- Small Group Personal Training
- Full Year of Employee Fitness Classes
- Fall and Spring Major Wellbeing Programs and Competitions

TO PURCHASE YOUR ALL-ACCESS MEMBERSHIP PLEASE VISIT UDEL.EDU/WELLBEING.

Universities of Delaware
Employee Health & Wellbeing

Programs listed in the All-Access Membership cannot be purchased individually. The All-Access Membership does not include Fitness Services (personal training, fitness assessments) Individual Health Screenings and Specialty Programs and is not prorated throughout the year.
CURRENT PROGRAMS & SERVICES

Large-scale programs: These motivational programs focus on healthy behaviors and individualized goal setting. The programs are offered in the fall and spring semesters. Areas of focus include a variety of emotional, financial, social, physical, community and career components.

Fitness Classes: Each semester fitness classes are offered to fit the diverse needs of our participants at UD. Classes are run in a flexible format with many new locations and times. We continue to add variety!

Personal Training (PT): Provides one-on-one guidance by our nationally certified staff for clients of all fitness levels. Trainers will create a unique workout to help you achieve your goals.

Fitness Assessments: During this one hour appointment, a series of assessments will be performed to determine your overall fitness level. You will receive a comprehensive report of your results, which can be an effective planning tool in developing a workout regime.

Know Your Numbers Screenings: Know the numbers that can have the biggest impact on your health—cholesterol, blood sugar (glucose) and blood pressure. Screenings are offered throughout the year on campus, or by individual appointment in the Employee Fitness Center (EFC).

Workshops: Raise your awareness of various health and wellbeing topics by attending regularly scheduled workshops throughout the year.

Departmental Offerings: Our team is happy to come out to discuss customized health and wellbeing resources for your department. Past topics include Employee Health and Wellbeing program overview, life in balance, nutrition, stress management and more!
Athletics & Recreation—offers facilities such as the Bob Carpenter Center and the Carpenter Sports Building to cater to your fitness interests while also offering exciting sporting events to attend with family and friends.
   Website: www.bluehens.com
   CSB Phone: 302-831-8600

HMS—supports UD employees with services such as counseling sessions, legal services, financial services, child and elder care and more.
   Website: hms.healthadvocate.com
   Phone: 800-343-2186
   (Enter “State of Delaware” as your organization)

Human Resources—continues to invest in the health, wellbeing, dental, vision, life, education, retirement savings benefits and multiple voluntary options for UD employees.
   Website: www.udel.edu/hr
   Phone: 302-831-2171

UD Health—offers major health and prevention services such as primary care, physical therapy, speech therapy, mental health services, care coordination, nutrition counseling, exercise counseling and health coaching.
   Website: chs.udel.edu/clinical
   Phone: 302-831-2381

Campus Wellbeing Collaborative—created to ensure that all health and wellbeing needs are met on campus, for students and employees. Campus partners include Employee Health and Wellbeing, Student Health Services, Healthy HENS, Student Wellness and Health Promotion, Athletics and Recreation and UD Health.

Notice of Non-Discrimination, Equal Opportunity and Affirmative Action: The University of Delaware is an equal opportunity/affirmative action employer and Title IX institution. For the University's complete non-discrimination statement, please visit www.udel.edu/about us/legalnotices.html