

I am Healthy, UNH!

Do you have a story to share about your health that could positively impact or inspire other people in our campus community? We encourage you to share your story with us, and be featured as our next Healthy UNH spotlight.

Name:

Department:

Position/Role at UNH:

Year Started at UNH:

Questionnaire

1. What does health mean to you?
2. What do you do to make a healthy UNH?
3. How do you stay fit?
4. Do you have any tips for eating healthfully?
5. How do you find motivation to stay healthy?
6. Have you made any tangible improvements to your physical or mental well-being by making positive changes in your life?
7. Anything else you would like to add that might encourage others on campus to make health efforts too?

Please include specific examples, especially resources on campus you may use. Ideas you share may spur others on to a healthier lifestyle. Thank you for sharing!