

# PHYSICAL WELLNESS

According to Elon University Students

## WHAT DOES PHYSICAL WELLNESS MEAN TO YOU?

- LOVING AND RESPECTING YOUR BODY
- BEING AWARE OF WHAT I'M PUTTING INTO MY BODY AND WHAT MAKES ME PRODUCTIVE AND ENERGIZED!
- MOVING YOUR BODY IN THE WAY THAT SERVES YOU BEST. IT CAN BE HIGH INTENSITY OR A CASUAL WALK, JUST MOVING TO GET THOSE ENDORPHINS!

## WHAT ACTIVITIES DO YOU DO TO PROMOTE PHYSICAL WELLNESS IN YOUR DAILY ROUTINE?

- TAKE TIME TO REFLECT AND LITTLE THINGS TO KEEP MY BODY MOVING
- I TRY TO GO TO THE GYM AND LISTEN TO WHAT MY BODY NEEDS
- WALKING, RUNNING, LIFTING WEIGHTS, PRACTICING YOGA, STRETCHING

## HOW HAS THE PANDEMIC AFFECTED YOUR PHYSICAL WELLBEING?

- I GAINED A LOT OF WEIGHT AND DEVELOPED ANXIETY SURROUNDING PHYSICAL WELLNESS
- I HAVE LESS OF A ROUTINE SURROUNDING PHYSICAL WELLNESS THAN I DID BEFORE THE PANDEMIC
- I BECAME MORE RELAXED AND PUT LESS PRESSURE ON MYSELF TO GO HARD EVERY WORKOUT. I FOUND PEACE IN WALKING AND YOGA!