THE WHOLE U  uw.edu/wholeu

Bringing UW faculty, staff, and resources together to make it easier to live active, engaged lives.

SIX AREAS OF FOCUS

STAYING HEALTHY

EATING WELL

BEING ACTIVE

LIFE EVENTS + CHANGES

VOLUNTEERISM

ENGAGING INTERESTS

VISIT US AT UW.EDU/WHOLEU FOR:

Events  bit.ly/wholeuevents
Attend seminars and activities that support healthy lifestyles and personal interests.

Social groups  uw.edu/wholeu/social-groups
Connect with like-minded individuals and engage with your new interests, favorite activities, and personal identities.

Virtual training  uw.edu/wholeu/training
Train with The Whole U by downloading our exercise ball workouts, walking and running plans, a yoga handbook, and more.

Videos  uw.edu/wholeu/videos
Watch workout tutorials, cooking demos, and more.

Discounts  bit.ly/wholeudiscounts
Access money-saving offers from local and national businesses. Find everything from special pricing at yoga studios to discounted hotel stays, and everything in between.

“I want to say again how much I enjoy The Whole U’s programs and activities. The Whole U brings us all together in fun and healthful ways, and really helps to give the UW a better sense of community.”

Lara Williamson
UWMC, Laboratory Medicine

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