

Physical Resources

Being physically active and eating the right food are important components of a healthy lifestyle. Physical wellness is more than just not being sick. Having a healthy, strong body helps you to be more energetic, have a functioning immune system, and makes it so that you are better able to handle the stress that life throws you. Specifically, physical wellness helps to protect you against the demands encountered in school.

On Campus Resources

[Student Health Services](#) – Located in Laurel Hall. Provides medical treatment as well as a variety of outpatient services.

[Carpenter Sports Building](#) – Contains the Harry W. Rawstrom Natatorium, two gymnasiums, student and employee fitness centers, racquetball and squash courts, a rock-climbing wall, personal training studio, cycle studio, multiple workout studios, and locker rooms.

[UD Recreation](#) – Provides opportunities for participation in fitness activities, competitive and recreational sports, and other leisure activities through programs, facilities and services.

[Intramural Sports](#) – A variety of intramural sports leagues and tournaments for students throughout the academic year.

[Nutrition Clinic](#) – Provides nutrition counseling with registered dietitians. This services is covered by the Student Health Fee. Sessions are by appointment only.

[Physical Therapy Clinic](#) – Located at the STAR Health Sciences Complex, the clinic provides cutting-edge treatment to patients from the University and the surrounding community.

[Urgent Care Center](#) – Staffed by the Glasgow Medical Center (a Christiana Care affiliate) and located at the STAR Health Sciences Complex.

Off Campus Resources

[Anytime Fitness](#) – A neighborhood club offering solutions for fitness needs.

[Fusion Fitness](#) – Results are earned. Focused on making sure everyone is reaching their fitness potential.

[Orange Theory Fitness](#) – a science-backed, technology-tracked, coach-inspired group workout designed to produce results from the inside out.

<https://newark.orangetheoryfitness.com/>

[Western Branch YMCA](#) – An association of people of all ages, ethnic groups and religious affiliations that strives to cultivate the human potential, self-esteem and dignity of all people.

[Shape Magazine – 13 Killer Workouts that Offer Online Streaming](#) (article by Jessica Smith)

[Everyday Health – 9 Exercises for Stress Relief](#) (article)

[Mayo Clinic – Sleep Tips: 6 Steps to Better Sleep](#) (article by the Mayo Clinic Staff)

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