



Link to HCW Website: <http://www.msm.edu/rd/healthycampus>

HCW Overview:

Morehouse School of Medicine is hosting our 2nd Annual Healthy Campus Week, in collaboration with the national [Healthier Campus Initiative \(HCI\)](#) network supported by [Partnership for a Healthier America](#). With the support of national sponsors MindBody and Columbia Sportswear Healthy Campus Week aims to engage students, faculty and staff with high-impact activations designed to promote healthier physical activity, nutrition, stress management, and other wellness-oriented behaviors. We are pursuing a robust schedule of educational, experiential learning, and inspirational activities – free of charge --- at a key time in the school year – the start of the semester!

Most of the activities for Morehouse School of Medicine HCW are happening during the lunch hour, immediately after work/class hours, or during times in the day when productivity is historically low. This is done deliberately, to encourage students, faculty, and staff to break away and reclaim quality time during the “business day” for wellness! Also, the MSM business day officially ends at 4:30 pm...unplug!! Lastly, the events are designed to gently disrupt meetings and other business items that we tend to schedule during the lunch hour out of convenience. We need to reclaim this time for wellness!!

The HCW Passport:

We encourage all MSM students, faculty, and staff to participate in as many HCW activities as possible! At the start of the week you will receive a passport; each HCW activity you complete will earn you a stamp. At the conclusion of the week, all passports will be collected and verified. Those who collect at **least 5 stamps** on their passport will be entered into a raffle for the HCW Grand Champion Prize! The HCW Grand Champion Prize will be announced on Monday, September 30, 2019.

Link to Sign up for HCW Passport: <http://bit.ly/MSMhealthycampus>

Use Social Media!:

Take selfies and pictures throughout Healthy Campus Week and share them with us on social media! **Use the hashtag #HealthyCampus and #MSMwellness** on all of your posts. Also, tag our social media accounts when you post!

- Twitter: @PHANews, @MSMedu, @GetFitMSM
- Facebook: @PHA, @MSMedu, @GetFitMSM
- Instagram: @GetFitMSM, @morehouseschoolofmedicine

For More Information:

For all information on Healthy Campus Week at Morehouse School of Medicine, visit <http://www.msm.edu/rd/healthycampus>.

For more information on MSM Wellness initiatives please contact Jammie Hopkins at email jhopkins@msm.edu, or call office: 404-756-8923.

HEALTHY CAMPUS WEEK SCHEDULE (FULL DETAILS)

Monday, September 23, 2019

Healthy Campus Week Kick Off Rally

12:30 – 1:30 pm EST

NCPC Atrium

- Remarks and wellness insights from MSM Executive Leadership and Dr. Angelica Geter Fugerson, Chief Health Officer for the City of Atlanta
- Intro to Healthier Campus Initiative @ Morehouse School of Medicine
- HCW passports and swag items
- Music, Games, and Entertainment
- Raffle drawings for first HCW Big Prize
- Trail Mix Bar with Valerie (Aramark Services) and beverages.

GetFit MSM Workout

5:00 – 6:00 pm EST

MSM Fitness Center

GetFitMSM Website: <http://www.msm.edu/getfitmsm>

- Today's Workout is a Circuit/Interval Training Class with a guest coach from Total Fitness Revolution.
- Limited space available
- Sign-up for a free fitness/wellness assessment with GetFit MSM before/after the workout

Tuesday, September 24, 2019

Wellness Scavenger Hunt

12:30 – 1:30 pm EST

Meet at NCPC Atrium (Building A) to sign-up and start scavenger hunt.

- Gather a team up to 5 people to compete in our inaugural Wellness Scavenger Hunt! Each team will have 15-20 minutes to complete a series of clues, trivia questions and mini-challenges spread across the MSM Main Campus
- Teams who complete the scavenger hunt will receive an award and enter a raffle for one of the HCW Big Prize of the Day.

Instant Recess® Activity Breaks – Flash Mob Style

2:00 – 3:00 pm EST

Various Locations: MSM Main Campus, Buggy Works, Morehouse Healthcare (1800 Howell Mill)

- Take a mid-afternoon break for a 5-minute Instant Recess! Instant Recess can be done by anybody, anywhere, and with any type of clothing! Our Instant Recess “Sparkplugs” will be in formation setting off Instant Recess breaks across campus! Look for the Instant Recess posters, listen for the recess bell, and get moving!

Wednesday, September 25, 2019

R&R (Release & Regroup) Stations:

All-Day

Various Locations at MSM Main Campus, Buggy Works, and 1800 Howell Mill Rd.

- We encourage all in the MSM community to take a quick break from their classes, work, and other responsibilities to engage in a little self-care! Our “R&R stations” will be equipped with adult coloring books, painting, mindfulness exercises, fun sized Zen Gardens, and other resources designed to help you release and recenter! Hang out at the R&R station, or take your goodies with you...but make sure you take the time out ON CAMPUS!

GetFit MSM Workout

5:00 – 6:00 pm EST

MSM Fitness Center

GetFit MSM Website: <http://www.msm.edu/getfitmsm>

- Today's Workout is: Yoga Flow.
- Bring a yoga mat if you have one (*we have a limited supply in the Fitness Center*), towel, and water bottle to stay hydrated!
- Sign-up for a free fitness/wellness assessment with GetFit MSM before or after the workout

Wellness Wednesdays Plant-Based Cooking Class

6:30 – 8:30 pm EST

Multidisciplinary Research Center (MRC) – Room G14, MSM Main Campus

Discounted rate for HCW: \$10.00

- Join Dr. Jennifer Rooke and her team for the popular Wellness Wednesday plant-based cooking class! Class will include an interactive discussion on a wellness topic, food/recipe demo, and plant-based food sampling!
- Register in advance by emailing jrooke@msm.edu.

Thursday, September 26, 2019

“The Biggest Instant Recess” Challenge

1:00 – 1:30 pm EST

NCPC Atrium

- MSM is competing with 90+ other HCI partners to win the 2019 Physical Activity Challenge! The goal is to get as many people as possible to participate in a group physical activity. MSM will host a special [Instant Recess®](#) for the challenge.
- Wear your MSM Gear!
- All participants will get a raffle ticket for HCW Big Prize of the Day after the Instant Recess Break.
- Delicious Healthy Snacks and Beverages available (Aramark Services)

Notes from PHA: One lucky campus with the largest attendance (measured by the percentage of the student body) will win the grand prize from Columbia Sportswear for your campus. Also, the next four (4) campuses that have the next largest numbers of students to attend a physical activity event on campus will win bragging rights and two(2) \$100 Target Gift Cards (One gift card for the university and one gift card for a lucky student participant).

Friday, September 27, 2018

Fruit&Veggie (FNV) Friday Social Media Challenge

All Day

Tag Social Media (IG, Twitter): @teamFNV, @MSMedu, @GetFitMSM

Use Hashtags: #HealthyCampus, #FNVFriday

- Use social media to post photos of you and your fellow MSM family enjoying your favorite fruits & veggies in MSM school colors! Use the hashtags #HealthyCampus and tag the handles @teamFNV, @GetFitMSM, and @MSMedu when you post to social media.
- Take selfies next to our FNV Promotional Posters across campus!

Notes from PHA: Enter the FNV Friday Sweepstakes! Sweepstakes winners will win a swag bag of FNV apparel and gifts (and maybe even some REI swag). The winner will be selected at random, and PHA will ship the prize directly to the recipient.

CELEBRATE HEALTHY CAMPUS WEEK IN THE COMMUNITY THIS WEEKEND!!

Saturday, September 28, 2019

MSM @ Total Fitness Revolution

9:00 – 12:00 pm EST

Total Fitness Revolution, 1303 Veterans Memorial Hwy SE, Mableton, GA 30126

TFR Website: <http://www.totalfitnessrevolution.com>

- MSM students, faculty, and staff are invited to take a **free fitness class** at [Total Fitness Revolution](#), one of our dedicated HCI community partners!
- Raffle drawings for TFR swag items and one-week guest passes to TFR (\$39 value)
- Take photos/videos, post on social media using the #HealthyCampus hashtag!!

Sunday, September 29, 2019

Atlanta Streets Alive – Westside (in collaboration with Atlanta Bicycle Coalition)

Ralph David Abernathy Blvd. (between Cascade Rd. and Georgia Ave.)

2:30 – 6:00 pm EST

Website: <https://www.atlantastreetsalive.com/southwest>

- On Sunday, September 29, 2019, from 2:30 pm - 6:30 pm, the Atlanta Bicycle Coalition activates Atlanta Streets Alive - Southwest, connecting 7 neighborhoods spanning from Cascade Avenue to Ralph David Abernathy Boulevard, and Georgia Avenue. We'll close the streets to cars and open them for people to walk, roll, bike, and play!
- Wear your MSM gear and attend Atlanta Streets Alive! This vibrant neighborhood street fair and parade is a fun way to explore the Westside Community!
- Take a selfie (or groupie) and post your pics/video on social media using the hashtag #HealthyCampus!
- If we can find your post, you get a punch on your HCW passport!

LET'S SEE WHO WINS THE HCW CHAMPIONS AWARDS!

Monday, September 30, 2019

Return HCW Passports

8:30 – 11:30 am EST

- Return your passports and verify your social media posts with the Healthy Campus Week Action Team (2nd Floor, NCPC Building)
- HCW Action team will verify passports and generate the tickets for the raffle drawings.

HCW Grand Champions Raffle and Awards

12:30 pm EST

NCPC Atrium

- Raffle drawing for HCW Grand Champion Prize(s)
- Photo Op for all HCW Grand Champion Winner

*Participants who complete **5 or more activities** on their HCW passport will be entered into the raffle for the HCW Grand Champion Prize!*

2019 #HealthyCampus Week

September 23-29, 2019

Photo Sweepstakes

Step 1:
Take a Photo

*P.S. You need to
be doing
something
active or
eating healthy*



PARTNERSHIP FOR A
**HEALTHIER
AMERICA**
HEALTHIER CAMPUS INITIATIVE

Step 2:
Post Using
#HealthyCampusSweepstakes



Step 3:
**Chance to
Win!**

Sponsored Giveaways:

 **MINDBODY \$275 Prize Bag**

\$100 Target Gift Card

**\$89 of NorthFace
Backpacks & Swag**



**Winners will be selected at random*

2019 COLUMBIA SPORTSWEAR SWEEPSTAKES!

2019 #HealthyCampus Week

(Sept. 23-29)

Giveaway!



How to Enter



- 1 **Follow:** @Healthier_Campus (HCI) and @Columbia1938 on Instagram
- 2 **Post:** an **Insta Story** of yourself participating in your Campus' Healthy Campus Week's activities
- 3 **Tag:** both **HCI** and **Columbia** in your post. Include **#ColumbiaRaffle** and **#HealthyCampusSweepstakes** in your post

Enter for a chance to win these!



FRUIT & VEGGIE FRIDAY (FNV) PHOTO SWEEPSTAKES

**EAT FRUITS AND VEGGIES IN YOUR
SCHOOL'S COLORS ON
FNV FRIDAY!**

YOU COULD
WIN FNV
SWAG!



FRIDAY SEPTEMBER 27, 2019

**Post a picture of yourself eating fruits
and veggies in your school colors.**

**Tag @TeamFNV and use
#FNVFridaySweepstakes for the
chance to win FNV SWAG!**

