



# Interactive Wellness Education for Students



Health promotion is an expensive undertaking – in a perfect world, students would each have individual attention from nutritionists, fitness professionals and cooking coaches! CampusFit does the next best thing by digitizing knowledge from health promotion professionals and making it available online.

College health has a real and ongoing challenge – how to cost-effectively help students improve their general health and wellness. Health education and promotion is what makes college health such an exciting and vibrant field. At Gallagher Student Health & Special Risk, we are pleased to offer our client institutions a simple way to help students learn to live better, for a lifetime!

## Want to Really Maximize the Power of CampusFit?

Use of the standard CampusFit website is included with your Gallagher Student Health & Special Risk Student Health Insurance Program; however, CampusFit can also be customized for your school for an additional cost.

CampusFit can be customized with new pages, audio and video downloads developed by your staff. Combining content that is directly aimed at your students with our standard content creates a highly effective yet economical service.

Ask your Account Executive how our site can be customized to further support your health promotion program, and to see how affordable customization can be!

## Customization can include:

- Program name and logo
- Colors and fonts consistent with your school/health center website
- Photographs and illustrations specific to your campus
- Copy used on all pages and new pages on topics pertinent to your campus
- Emailed video fitness routines (e.g. how about your own version of “Get Ready for Spring Break – the 90 Day Program!”)
- Emailed video series on common problems (e.g. homesickness for freshman), or to reinforce the health promotion teaching your staff does, for example a ten day emailed video explaining pre-diabetes to students just diagnosed. Or maybe a series for seniors approaching graduation to help them manage that change?
- Daily email based “contests” to reinforce healthy eating, exercising, roommate relationships, effective sleep habits, etc.
- Create campus-specific fitness testing and standards (e.g. “The 10 Minute Student Union Fitness Assessment”)



## CampusFit helps users to:

- Learn how their food choices affect their weight management efforts
- Chart their daily energy consumption, and compare it to the recommendations of the Food Pyramid
- Improve fitness and flexibility by enrolling in 30 day emailed video exercise routines based around common work situations (e.g. for those that sit most of the day) and sports (e.g. for bicyclists)
- Measure their current fitness level against recognized standards
- Create better habits to improve fitness and nutrition
- Learn about the key ideas of energy management and weight loss from award-winning nutritionists
- Download dozens of professionally produced fitness routines
- Download guided imagery relaxation audio files to help with sleep and relaxation
- Track diet/nutrition and general health measures with individualized reports

## Getting Started with CampusFit is Easy!

<http://campusfit.basixwellness.com>

Students can access many parts of the site immediately, like downloading fitness routines or listening to healthy eating advice, without registering. Some functions, like activating an emailed fitness video programs or building healthier eating habits in 21 days, require the data gathered in the registration process (like daily energy needs and BMI), which is quick, easy, and confidential. No student identifiers (name, student number, phone number, etc.) are collected.



Gallagher Student Health & Special Risk is committed to being the nation's leading full-service independent insurance program administrator for the education community by providing high-quality, customized, and affordable insurance products and related services to the schools, organizations, students and families they serve.

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