

Physical Wellness

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Resources:

Fitness Apps

- [This document](#) includes various, easily accessible online fitness/workout resources from free to paid apps to YouTube videos

Exercise Is Medicine

Brief description of file/resource

[Fit Physicians](#)

- Established by COSGP Wellness Committee in 2021, Fit Physicians is a wellness initiative aimed at getting walking groups started on all DO campuses. Check out the link above to see how to get Fit Physicians rolling at your COM.

[YouTube Workouts](#)

- PopSugar is one of MANY YouTube channels dedicated to providing free at-home fitness videos for you to participate in!

[Upper and Lower Crossed Syndrome Image](#)

- This image details upper and lower crossed syndrome presentations and what muscles are implicated in each. Additionally, here is a [link to an article](#) outlining an osteopathic approach to UCS and LCS.

Resources Discussing the Benefits of Stretching

- [Harvard Health Article: The Importance of Stretching](#)
- [National Academy of Sports Medicine Article](#)
- [Stretching Infographic](#)

Event Suggestions:

5k Run Ideas

- [This document](#) provides various ideas to host 5k runs within your school to get students outside and active

Pick-Up Sports

- Having methods for students to set up pick-up sports at your school whenever is convenient around exam schedules is such a wonderful way to get students socializing, staying active, and getting outside. Here is a [document](#) with ideas in how to set up pick-up sports at your school

[Relay for Life](#)

- Above is the link for the Relay for Life website where you can host or join a Relay for Life event in your area. It's a great way to get people moving for a good cause!

[21 Day Stretching Challenge](#)

- Check out this graphic detailing a 21-Day Stretching Challenge and see if you can get a social media campaign going of students at your COM participating. You could have a small prize for participation in the challenge – participants provide video or photo proof of participation!

Resources to Add:

- Walking Challenge Information
- Charity Miles Information
- Suggested fitness items for COMs to have at their campuses
- Exercise Is Medicine

Events to Add:

- Walking Challenge
- Exercise is Medicine
- Walk With a Doc
- Staff/Faculty vs. Students Sport Competition (softball, volleyball, basketball, etc.)