

Mission

The mission of the Shippensburg University Wellness Task Force is to foster a worksite culture and climate that promotes physical, intellectual, social, emotional, and occupational wellness for the university community.

Goals Statement

The goal is to provide pro-active support toward optimal health for all members of the University community. This is accomplished through a diverse range of on-campus and online programs including educational events, wellness screenings, and activities designed to support healthy lifestyle choices.

Goals

1. Encourage and support all members of the campus community to make healthy lifestyle choices
 - Behavior Change Programs
 - Fitness Assessment & Personal Training
 - Consistent Communication
2. Identify and acquire resources that help promote healthy lifestyles
 - Community contacts & relationships
 - Campus resources
 - Centralized contact point
3. Conduct ongoing program assessment through surveys, outcomes, participation , testimonials
 - At conclusion of plan year
 - Wellness profile data
 - Yearly general interest survey
4. Create a culture that embraces overall wellness for the campus community
 - Wellness center on campus- identifiable physical location on campus
 - Consistent visibility
 - Visible leadership support