

Highmark Identifies Biggest Health Issues Impacting WCU

Are you a bit stressed? Do you need to exercise more? You aren't alone.

Excess stress and inactivity are the greatest health issues impacting West Chester University faculty and staff, according to Healthy U data collected by Highmark Inc. and reported in aggregate and anonymously. On the plus side, West Chester University employees ranked healthier than their peers in the State System and healthier than others insured by Highmark Inc..

Get moving and blow off steam with a cycle, GRIT, Body Pump or yoga class. Campus Recreation now offers its faculty and staff fitness classes at the Student Recreation Center. You don't need to belong to the center to attend a class.

Check out the complete schedule here: wcupa.edu/services/campusrec/groupFitnessSchedule.aspx

WELLNESS PROFILE SNAPSHOT

