

Healthy Habits

Healthy Habits aims to educate each athlete by providing them educational resources to advance their health, fitness, and overall quality of life.



Clean Hands & Hygiene

Handwashing is the best way to remove germs, prevent illnesses, and stay clean! How can we stay clean if there's no soap and water nearby?

Sleep Soundly

Not getting enough sleep can negatively affect our physical and mental performances. Let's discuss ways to practice better sleep habits!



#InclusiveHealth

Come stop by between **10a-3p**
Friday 3/10 at ISU
Saturday 3/11 at IWU

