

# BYU | ***STUDENT WELLNESS***

## **SWELL Classes**

210 Sections  
27+ Activities  
STAC Courses

## **Outdoors Unlimited**

Rentals  
Retail  
Trips and Workshops

## **Intramural Sports**

12+ Sports  
11,000 participants  
Individual & Team Sports

## **Wellness Programs**

Wellness Expo  
Fitness Classes  
Lazy Triathlon  
Wellness Coaching  
Midnight Madness

## **Extramural Sports**

Five Teams  
Athletic Training  
Free Home Games

## **Facilities**

Swimming Pool  
Student Fitness Center  
Gymnasiums  
Tennis Courts  
Fields

## **Department**

Wellness Wise Committee  
Parking & Traffic Committee  
Campus Bicycle Committee

**Wellness is "the balanced development of the total person..."  
(BYU Mission Statement), and is holistically comprised of six dimensions**



[wellnesswise.byu.edu](https://wellnesswise.byu.edu)