EMPLYEE HEALTH AND WELLNESS AT AUBURN
Wellness is the process of becoming aware of healthy choices and applying that knowledge to create a more successful and balanced lifestyle. Auburn University has many resources to help you on your wellness journey.
ADAPTED RECREATION AND SPORTS

The mission of the Adapted Recreation and Athletic Program is to offer equal recreation and athletic opportunities to students, faculty, and staff with disabilities, while promoting health, wellness, and disability awareness to all. This program offers an adaptive weight room in the coliseum, Monday, Wednesday and Friday from 5-6 p.m., wheelchair basketball and tennis.

Contact Information:
Office of Accessibility
Kinesiology Department
301 Wire Road
Auburn, Alabama
Phone: 334-844-2096
AQUATICS AT CAMPUS REC

With membership to the Recreation and Wellness Center, you will also have access to the leisure / activity pool, hot tub and an array of aquatics classes. The pool has multiple features sure to entertain anyone, including lap lanes, volleyball, basketball, and a wet climbing wall.

Lifeguard classes are offered throughout the months of February, March, and April.

CPR, AED, and First Aid classes are offered the last Friday of every month.

//Contact Information:
Recreation and Wellness Center
Campus Recreation
Division of Student Affairs
601 Heisman Drive
Auburn, AL 36849
Phone: 334-844-0023
Web: campusrec.auburn.edu
Coordinator: Chad Day
Auburn Outdoors is an adventure-based program that provides numerous avenues for outdoor recreation. The program offers trips, indoor climbing, and weekly events on and off campus. Trip opportunities include backpacking, paddling, climbing, biking, and much more. Auburn Outdoors also provides equipment rentals for your own personal outdoor adventures. For more information on trip dates, equipment rental, and clinics, please check out the Auburn Outdoor website.

Contact Information:
Recreation and Wellness Center
Campus Recreation
Division of Student Affairs
601 Heisman Drive
Auburn, AL 36849
Phone: 334-844-0023
Web: campusrec.auburn.edu
Coordinator: Rusty Cooper
Club Sports at Auburn University are student organizations designed to promote good sportsmanship, skills development and athletic competition. Clubs can be competitive, recreational, or instructional in nature, and are not affiliated with the NCAA. Club sports provide students with lifelong friends, competitive opportunities, leadership, and personal development. Currently there are 23 Club Sports with plans to increase that number by fall semester of 2014.
FARMERS MARKET

This open-air farmers market is held every Thursday during spring and summer 3pm-6pm at Auburn University’s Ag Heritage Park. It features locally grown fruits, vegetables and honey as well as locally produced soaps, art, and entertainment.

www.ag.auburn.edu/themarket

//Contact Information:

Farmer’s Market
925 Camp Auburn Road
Auburn, AL 36849
Phone: 334-321-1603
Manager: Laura Herring
The Auburn University Fish Market sells live fish, fresh fish, frozen filets, and frozen shrimp. It is open on Saturday mornings and located next to the fish ponds on North College Street. The Fish Market is open to the public.

//Contact Information:
College of Agriculture
School of Fisheries
2101 North College Street
Auburn Alabama  36830
Phone: 334-844-4799
Hours: 8 a.m. to 12 p.m. on Sat.
Cash or check only.
GOLF SIMULATOR

The Recreation and Wellness Center offers a cutting age PGA golf simulator. Schedule a tee time, grab some friends and choose from over 30 official PGA courses to play. The program provides the equipment and has women’s, men’s, right and left-handed clubs available.

//Contact Information:
Recreation and Wellness Center
Campus Recreation
Division of Student Affairs
601 Heisman Drive
Auburn, AL 36849
Phone: 334-844-0023
Web: campusrec.auburn.edu
Coordinator: Branden Farmer
GROUP FITNESS

Group fitness classes provide an encouraging and safe environment for participants of any skill level. The classes are lead by certified instructors and filled with students, faculty, and staff from the University. The wide variety of classes offered ensures that there is a perfect class for you. Log on to the Recreation and Wellness website then click group fitness for a list and description of all the classes offered.

Contact Information:
Recreation and Wellness Center
Campus Recreation
Division of Student Affairs
601 Heisman Drive
Auburn, AL 36849
Phone: 334-844-0023
Web: campusrec.auburn.edu
Coordinator: Christy Coleman
HEALTH AND MEDICATION MONITORING

The Auburn University, Harrison School of Pharmacy provides free Health and Medication Monitoring Services to individuals in the Auburn/Opelika area who are taking four or more prescription medications. Student Pharmacists provide assistance in understanding and following medication schedules, addressing any concerns participants may have about their health condition or medications, reviewing medications for any potential problems, looking for cost savings, checking blood pressure and/or blood-sugar levels between doctor visits, and helping fill pill boxes, if desired.

This program allows an individual from the community to participate in the education of future pharmacists by sharing what it is like to live with a chronic health condition and it gives students an opportunity to apply what they are learning in the classroom. This allows the School of Pharmacy and its students to be actively involved in the health and wellness of our community.

//Contact Information:
Harrison School of Pharmacy
2316 Walker Building
Auburn, Alabama 36849
Phone: 334-844-8348
HEALTH FAIR

The goal of the Health Fair is to inform Auburn University students, faculty and staff about the benefits of healthy lifestyle choices ranging from nutrition, fitness, stress management, alcohol awareness, and mental health. Students, faculty and staff attend the event where they receive fitness assessments, health and wellness information, participate in fitness activities, and games, speak with local wellness experts, and much more.

//Contact Information:
Recreation and Wellness Center
Campus Recreation
Division of Student Affairs
601 Heisman Drive
Auburn, AL 36849
Phone: 334-844-0023
Web: campusrec.auburn.edu
Coordinator: Susannah Taylor
HEALTHY DINING

This Healthy Dining website provides student and staff with nutritional information for food options on campus, helps people with dietary needs locate meals, and gives helpful hints on how to balance your diet. The site includes many nutrition tools including a calorie counter, a BMI calculator, and healthy recipe information.

www.dineoncampus.com/auburn/
The Healthy Tigers Wellness Program provides an opportunity for employees to “earn” an insurance premium discount by completing a voluntary health and wellness screening.

This screening will include evaluation of several health risk factors including: Blood pressure, Cholesterol, Glucose (or blood sugar), height, weight, and BM.

The results of the screenings will be available immediately during the appointment, and the employee will receive personalized counseling from a pharmacist concerning the results.

Contact Information:
Harrison School of Pharmacy
Walker Building
Room 2155
Phone: 334-844-8318
Contact: Tammy Hollis
HEALTHY WEIGH CHALLENGE

The goal of the Auburn University Healthy Weigh Challenge is to empower Auburn students, faculty, and staff to achieve healthy lifestyle change. We strive for you to be the happiest, healthiest version of yourself! The program includes semi-private personal training, a nutritional consultation, three assessments, weekly weigh-ins, cooking classes and much more!

Contact Information:
Recreation and Wellness Center
Campus Recreation
601 Heisman Drive
Auburn, AL 36849
Phone: 334-844-0023
Web: campusrec.auburn.edu
Coordinator: Susannah Taylor
Intramural Sports at Auburn University offers individual, and team sports for male and female participation. Intramural activities range from traditional sports such as flag football, basketball, and slow-pitch softball to non-traditional sports such as table tennis, badminton, and sand volleyball. Intramural Sports offers a great opportunity to engage in competition and meet other students, faculty and staff. Everyone is welcome regardless of your skill level.

Contact Information:
Recreation and Wellness Center
Campus Recreation
Division of Student Affairs
601 Heisman Drive
Auburn, AL 36849
Phone: 334-844-0023
Web: campusrec.auburn.edu
Coordinator: Daniel Overstreet
MEATS LABORATORY

The Lambert-Powell Meats Laboratory is open Monday-Thursday 2-5 p.m. and Fridays 11 a.m.-5 p.m., selling local beef, pork, chicken, eggs and bacon. Located at 500 Shug Jordan Parkway.

Contact Information:
College of Agriculture
500 Shug Jordan Parkway
(at the corner of Lem Morrison and Donahue)
Phone: 334-321-1603
Market Manager: Laura Herring
The Auburn University Medical Clinic is staffed with physicians, nurse practitioners, physician assistants and a full nursing staff. There is a full lab, x-ray facilities, women’s health, and a massage therapist available within the facility. Also housed in the facility is the Student Counseling Center and Pharmacy Services, offered through the School of Harrison Pharmacy.

Contact Information:
Department of Student Affairs
400 Lem Morrison Drive
Auburn, Alabama 36849
Phone: 334-844-4416
NUTRITION SERVICES

The Nutrition team in the Recreation and Wellness Center is there to help people reach their full health potential. The consultants are trained to be able to take the clients current nutritional habits paired with their desired results and construct an in depth personalized nutrition plan. If you are interested in setting up an appointment, please visit the Campus Recreation website.

//Contact Information:
Recreation and Wellness Center
Campus Recreation
Division of Student Affairs
601 Heisman Drive
Auburn, AL 36849
Phone: 334-844-0023
Web: campusrec.auburn.edu/wellness
Registered Dietitian: Jessica-Lauren Newby
PERSONAL TRAINING

This goal of our Personal Training program is to educate participants on how to exercise safely and effectively while achieving lifelong fitness. Our certified training staff will work with you to develop an appropriate exercise program and will closely supervise your progress. By assessing your fitness goals first, our trainers can create a personalized workout plan, teach you how to properly perform exercises and keep you motivated. Throughout the process, we strive to provide you with enough knowledge, feedback and resources, so that you become comfortable and confident in any fitness/weight room environment. Trainer’s bios and more information can be found on the Recreation and Wellness Center website.
PSYCHOLOGICAL SERVICES

AUPSC is a training clinic that provides therapy and assessment services for children, adolescents, adults, families, and couples in the Auburn-Opelika area. The mission of AUPSC is to provide quality mental health services to the community, train future professionals, and further knowledge through research.

//Contact Information:
Department of Psychology
101 Cary Hall
Auburn, AL 36849
Phone: 334-844-4889
Director: Polly Dunn, Ph.D.
RECREATION AND WELLNESS CENTER

This state of the art facility provides students, faculty and staff with the tools to help achieve a healthier lifestyle. Along with traditional fitness equipment, the Recreation and Wellness Center provides members with innovative group fitness classes, nutritional support, personal training, a leisure/activity pool, outdoor adventure trips, and much more. Visit our website at www.campusrec.auburn.edu for membership details and a complete list of amenities.
SECURITY SHUTTLE

The campus security shuttle offers a safe ride from any on-campus location to any on-campus location 6 p.m.- 7 a.m., seven days a week while classes are in session (except during home football game evenings and official Auburn University holidays). No ID is required to ride the shuttle. To obtain service, call (334) 844-7400. The service is free. The shuttle does not run during summer session.

Contact Information:
Auburn University Department of
Public Safety and Security
Phone: 334-844-7400
The Speech and Hearing Clinic accepts self-referrals, in addition to referrals from physicians, teachers, and other professionals. Services are provided on a fee-for-service basis. Reduced fees for services are available based on client income level and family size. The clinic operates throughout the year on the Auburn University schedule.

//Contact Information:
Department of Communication Disorders
1199 Haley Center
Auburn, Alabama 36849
Phone: 334-844-9600
TIGERFIT

TigerFit, a health and fitness clinic in the School of Kinesiology, offers health and fitness assessments on Tuesdays and Thursdays during spring and fall semesters. Appointment times begin at 7:30 a.m. and the testing takes about one hour and 30 minutes. Every client gets a detailed report including the risk of cardiovascular disease, aerobic fitness, muscle strength and endurance, flexibility and body composition. Each report will also contain an individualized exercise prescription. To make an appointment or find out more about the program, contact TigerFit at 334-844-1482 or tigrfit@auburn.edu.

Contact Information:
TigerFit
College of Education
3084 Haley Center
Auburn, Alabama 36849-5218
Phone: 334 844-1482
E-mail: tigerfit@auburn.edu
Employees, students and visitors to Auburn University are encouraged to incorporate exercise into each day and take a walk around campus. In 2012 Auburn orange tiger paws were painted around campus designating three walking trails on campus – two 1-mile loops, and one 3-mile loop. An additional 1-mile route was added in 2014.

Contact Information:
Healthy Tigers
Payroll & Employee Benefits
212 Ingram Hall
Auburn, Alabama 36849
Phone: 334-844-4099