Recognizing that while students are learning to care for others, they are often taking poor care of themselves, the librarians developed a three-pronged Healthy Living initiative, launched in the fall 2012 semester. Focusing on diet/nutrition, exercise, and stress reduction, the initiative included new collections and multiple activities with partners from both on and off-campus.

The Healthy Living initiative also resulted in new collections and additions to existing collections.

**Equipment**
- Yoga mats
- Yoga blocks
- Jump ropes
- Balance balls
- Eye pillows
- Hand weights
- Hula hoops

**Board Games**
- Operation
- Sorry!
- Balderdash
- Chess
- Scrabble
- Mancala
- Blokus

**Books & DVDs**
- Yoga poses and stretches
- Posters of yoga positions
- Fitness Assessment

**Publicity**
- Flyers
- Email to student listservs
- Library poster
- Project website
- Blog entries on Library website

"The food samples were great and the easy microwave recipes are definitely something I will try."

"I learned a lot and had a chance to take a break from stressful life and learned new ways to fix healthy foods."

"I LOVED it! [Zumba] It was amazing. I felt really great after the event."

"I loved it. [Yoga] Very relaxing."

**Lessons Learned**
- Start early! It takes longer than you expect to finalize the various events.
- Communicate regularly with your instructors/partners so that both sides know what to expect.
- Events with free food will boost attendance
- Events in highly trafficked areas will draw participants but may also disturb those in the area; find a balance
- Publicize widely

**Future**
- Planning is underway for events during the fall 2013 semester
- New partners have been approached
- New activities have been proposed including a dance lesson and an art therapy session.
- Whole Foods Market continues to be a supportive partner
- The planning group has expanded to include two new members

**Events**

**Kickoff Event**

**Fall Highlights**
- Yoga and Yoga Nidra
- Zumba

**Spring Highlights**
- Healthy Eating on a Budget (with Whole Foods Market)
- Superbowl Party
- Cherry Blossom Walk
- Basketball Tournament (and fundraiser)

**Running Club**

**Background**

You Can Do That in a Library?
Building Sound Minds and Healthy Bodies
Alexandra Gomes, MLS, MT; Gisela Butera, MLIS; Laura Abate, MLS
The George Washington University School of Medicine and Health Sciences