

Be You tiful

Free Activities

feb 27 - mar 3

recservices.k-state.edu | @kstaterec

Monday

Tuesday

Wednesday

Thursday

Friday

Enjoy free activities all week focused on body positivity and learning healthy behaviors to enhance your overall well-being!

Every Wildcat a WellCAT
4 - 5 pm @ the REC
Join the WellCATs to learn more about physical activity and the Rec!
 @kstatewellcat

Intramural Basketball game with Unified Monday @ 6 pm Courts 3, 4, 6

Life Can't Weight
5:00 - 6:00 PM in RM 138
Presented by Maddy Maholland & Anika Roy, reviewed by Dianna Schalles, MS, RDN, LD.
A presentation dedicated to helping all individuals recognize the voice of diet culture and make peace with food & body.
 @life.cant.weight

Exercise is Medicine Ambassadors
4 - 7 pm
Stop by table at the rec!
 @kstatekines

Student Dietetic Association (SDA)
1 - 3 pm
Stop by table at the rec!
 @ksu_sda

Intro to Bouldering/Climbing
3 - 4 pm @ the Rec Climbing Wall
Come and learn some basic positioning and climbing movements, get hands on practice and feedback, and talk to staff about how climbing can improve both your mental and physical well-being.

CARE
4 - 6 pm
Stop by table at the rec!
 @kstatecareoffice

Cats' Cupboard
5:30 - 8 pm
Stop by table at the rec!
 @catscupboardksu

Spring Break not Spring Broke
12 - 1:30 pm Union Courtyard
Learn healthy behaviors centered around financial well-being! Free food & fun activities for prizes!
 @powercatfinancial

Student Dietetic Association (SDA)
4 - 5 pm
Stop by table at the rec!
 @ksu_sda

Total Body: BeYoutiful Edition
6 - 6:45 pm in studio 2
Build strength and learn more about why we should move our bodies

Cats' Cupboard
5:30 - 8 pm
Stop by table at the rec!
 @catscupboardksu

Student Dietetic Association (SDA)
2 - 4 pm
Stop by table at the rec!
 @ksu_sda

