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Oct. 7, 2009

DURHAM, N.H. –Get health! The University of New Hampshire will launch its Healthy UNH initiative Wednesday, Oct. 14, 2009, at noon in the lobby of the Whittemore Center.

Faculty, staff and students are encouraged to attend a health and wellness expo in the lobby of the Whittemore Center, followed by a one-mile walk through campus. UNH President Mark W. Huddleston will kick off the effort, which calls for UNH to be the healthiest campus community in the country by 2020. To assist in planning for the event please register at https://www.events.unh.edu/RegistrationForm.pm?event_id=6340. A one-mile walk at a moderate pace takes most adults about 20 minutes, which is the amount of time the CDC recommends most adults exercise daily. Healthy UNH is a campus-wide initiative targeting faculty, staff, and students to improve health while simultaneously decreasing health care costs.

The health and wellness expo will feature booths for Healthy UNH, the University System of New Hampshire, UNH Health Services, SHARPP, Cooperative Extension, Dining, the Nutrition Department, and Campus Recreation. Participants will receive a Healthy UNH water bottle.

Healthy UNH is also examining how UNH spends its health care dollars and finding better ways to use the money through negotiations with insurance companies and hospital systems. In addition, the committee will identify best practices across USNH campuses, other universities, and other employers and strive to implement such practices to reach its goal of becoming the healthiest campus community in the country by 2020.

Other events this year include health-themed meals in dining halls, participation in benefits fairs and dialogue series events, and other fitness-themed events in the winter and spring. Visit <http://www.unh.edu/healthyunh/> for regular updates.

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal arts college. A land, sea, and space-grant university, UNH is the state's flagship public institution, enrolling more than 12,200 undergraduate and 2,200 graduate students.