

Weight Management Resources



THE UNIVERSITY OF ARIZONA

**CAMPUS
HEALTH**

Campus Health Service

Individual Nutrition Counseling

Nutritionists Gale Welter Coleman, MS, RD, CEDRD, CSSD, CSCS, Sarah Marrs, RDN, and Christy Wilson, RDN, are available for one-on-one nutrition counseling appointments in the Health Promotion and Preventive Services Department on the 3rd floor of the Campus Health Service building. The Nutrition Counselors use a whole-life approach to help students establish healthier habits to support best health and weight.

Individual Nutrition Counseling Appointments: (520) 621-6483 or (520) 621-9202

Nutrition handouts relevant to weight management with a good health approach can be found on the [Campus Health website](#).

Counseling and Psych Services

Individual Counseling Services - Counseling and Psych Services (CAPS) offers psychological counseling and psychiatric services to students to help them cope with personal problems so that they can successfully achieve their educational goals. Licensed professionals provide brief treatment for anxiety, depression, difficulties with relationships, family problems, food/body image concerns, alcohol and drug concerns, ADHD, life crises and other issues.

Appointments: (520) 621-3334

Groups and Workshops

- Gender Spectrum Support Group
- LGBTQA Support Group
- Self-Compassion Group
- Test Anxiety Workshop
- Meditation

Off Campus resources are also noted, including Overeaters Anonymous of Southern Arizona

NutriNews in the Daily Wildcat – Nutrition topics covered every other Tuesday. Look for practical information that can be translated into better food choices on campus and for life.

Campus Recreation Center

Group Fitness and Activity Classes

- **Group Fitness Classes** are fantastic for those who love working out in a motivational setting with others. Group Fitness classes are 30, 45, or 60 minutes long and are held in the Rec Center. Classes are drop-in style, so you can attend as many as you want without registering beforehand. Try one today with our One Class Pass! Pick yours up at the front desk. [Click here for a current schedule](#).
- **Activity Classes** are non-credit, instructional courses that focus on experiential learning, skill building, and the mind-body connection. These classes offer patrons the chance to explore new interests for personal growth, fulfillment and fun. Programs range from dance and self-defense to cooking and general wellness.
- **FOR MORE INFORMATION CONTACT:** Dana Santoro — Director of Fitness & Wellness
Phone: (520) 626-0816 Email: dsantoro@email.arizona.edu

Personal Trainers

Programs Available:

- **Introduction to Personal Training.** This service offers you the chance to speak with a member of the Fitness staff and tour the facility including the private personal training studios, the Group Fitness Rooms, our Personal Training Fishbowl, and more. It is free of charge!

- **Packages:** Individual Personal Training packages are available in groups of 1, 5, 10, 15, or 20. Buddy Personal training is available in 1, 5, 10, 15, 20 session packages. Rates are package based, so the buddies can work out who pays and how.
 - **Assessments:** This package is ideal for those who want to measure their current status and learn how to advance their fitness level. Campus Recreation is now offering an assessment plus a personal training session. The assessment covers a wide variety of tests and protocols to measure your fitness level based on your goals.

Cooking on Campus – Bi weekly, hands-on, student-led cooking classes. \$5 fee includes eating what you cook. Held at the Outdoor Adventures area of the Campus Rec Center. Class size is limited. [Register in advance here.](#)

Body Smart Discussion Series – Join fellow students in discussions with experts on topics that contribute to enhancing self-worth and positive body image. Free, and snacks are provided. Held at Campus Health, Room B307, 3rd floor, SW corner.

Ask a Dietitian at the Rec – stop by the table and get your nutrition questions answered in friendly, informal environment. (Dates for Fall 2016 – Sept. 1; Sept. 22; Oct. 13; Nov. 8)