

Recreation and Wellness

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FACILITIES



Perry Field House Student Recreation Center



EMPOWERING YOUR WELL-BEING



Physical



Social



Environmental



Intellectual



Occupational



Spiritual



Financial



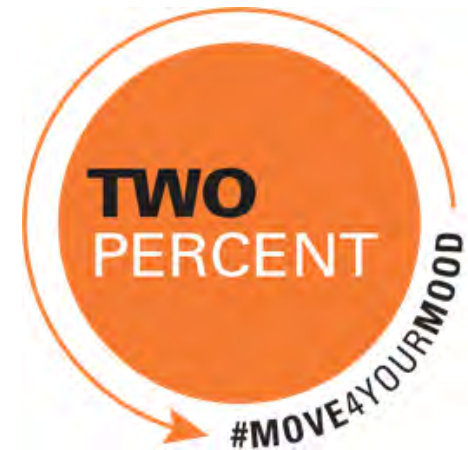
Emotional

Focused Falcon Workshops | Self-Care Events | Mindfulness
Health Enhancement Programs | Move For Your Mood Sessions



INSPIRING ACTIVE AND HEALTHY LIFESTYLES

There are 1,440 minutes in a day
– dedicate **2%** of yours to
moving and enhancing your
health and well-being!



Move For Your Mood

Exercise provides many mental health benefits & improves brain function



PROGRAMS

Aquatics

Learn to Swim – Red Cross Certification Classes - Lifeguarding



PROGRAMS

Falcon Fitness

Group Exercise | Small Group Training | Personal Training | Assessments and Services | Fitness Challenges | #MOVE4YOURMOOD | Virtual Fitness Classes



PROGRAMS

Outdoor Program

Trips | Teambuilding | Climbing Wall



PROGRAMS

Wellness Connection

Late Night Events | Peer Education Presentations and Programs: Stress, Self-Care, Nutrition, Alcohol, Tobacco, Drugs, Personal and Campus Safety, Sexual Health, Sexual Violence, Bystander Intervention, Fitness, Body Image



PROGRAMS

Intramural Sports

Flag Football | Volleyball | Wallyball | Tennis | Softball | Basketball | Badminton
Waterpolo | Dodgeball | Various Esports | Other Popular Sports | **Register: imleagues.com**



PROGRAMS

Club Sports

Hockey | Tennis | Volleyball | Bowling | Spikeball | Golf | Lacrosse | Gymnastics
Judo and Grappling | Spirit Skaters | Equestrian | Ski and Snowboard
Track and Cross Country | Disc Golf | Rugby | Weightlifting | Other Popular Sports
Join a Team: bgsuclubsports.com



QUESTIONS

For More Information

bgsu.edu/recwell | bgsuclubsports.com
recwell@bgsu.edu | 419.372.2000

SOCIAL MEDIA



Recreation and Wellness: FB/T/IG: BGSURecWell

It's On Us: FB/T/IG: BGItsOnUs | **Falcon Fitness:** IG: BGSU Fitness

Wellness Connection: T: BGSUWellness

Outdoor Program: FB/IG: BGSUOutdoorPro

Safe Communities: FB: SafeCommunitiesWC | T: SafeCommWC

BGSU® BELONG. STAND OUT. GO FAR.
CHANGING LIVES FOR THE WORLD.™

B O W L I N G G R E E N S T A T E U N I V E R S I T Y