

Physical Wellness

Physical wellness promotes care for our bodies for optimal health and functioning. Overall physical wellness encourages the balance of physical activity, nutrition and mental well-being to keep your body in top condition. Obtaining an optimal level of physical wellness allows you to nurture personal responsibility for your own health. As you become conscious of your physical health, you are able to identify elements you are successful in as well as elements you would like to improve. Physical Wellness encourages us to care for our bodies through physical activity, proper nutrition, and a strong mind.

Click on the organization's title to learn more about the services offered.

Free or Affordable Fitness Classes

- [UNO - Recreation & Fitness Center](#) - visit website for current offerings, IG: @unoprivateerfitness
- [Get Fit The Greenway](#) – series of free, outdoor fitness classes: yoga, hip hop kickboxing, hip hop cardio and bodyweight bootcamp. IG: @lafittegreenway
- [Crescent City Yoga](#) - donation based, outdoor yoga classes at Great Lawn or under peristyle in City Park, Wednesdays at 6 and Fridays at 5:30 PM, IG: @crescentcityyoganola
- [NOLA Vibe Yoga](#) - weekly outdoor yoga classes, \$5-10 and donation based, IG: @nolatribeyoga
- [Dancing Grounds](#) - in-person yoga and dance classes, suggested donation \$5-15, IG: @dancinggrounds
- [Ohm Well](#) - in-person classes, \$20, IG: @ohmwell
- [Magnolia Yoga Studio](#) - virtual & in-person yoga and meditation classes, \$15, @magnoliayogastudio
- [Amethyst Moon Yoga](#) - virtual yoga classes, \$5-15, IG: @amethystmoonyoga
- [NORDC/FitNOLA](#) - fitness centers, parks, and classes: Low Impact Weights, Barre Above, Yoga, Zumba, Hip Hop Cardio, Abs Attack and more!
- [Yoga with Adriene](#) - YouTube yoga videos

Nutrition

It is important to nurture your mind and body by eating a well-balanced diet. Foods that support body and brain health include fruits and vegetables, whole grains, beans and legumes, nuts and seeds, fish, poultry and lean animal protein, and plant-based protein.

Also be sure to hydrate by sipping water throughout the day! Don't like drinking water? Trying eating it! Some fruits and vegetables, like watermelon, strawberries, celery, lettuce, and cucumbers are a good source of water and can help keep you hydrated.

Remember that all bodies are different! Please consult with a physician regarding your specific dietary needs.

- [The Privateer Pantry](#) - provides supplemental food support to currently enrolled UNO students. Students may receive 10-15 food items once per week. Check out our website for a list of frequently stocked items.

Updated Spring 2022

Grocery orders may be submitted online or in person at UC 248. Please submit your grocery order at least one business day prior to needing your items.

Take inventory of what's already in your pantry, and then plan around these items to create meals consisting of a starch, a protein, and produce.

Follow @uno_privateer_pantry on Instagram for pantry and meal distribution locations, recipes, cooking tips, and more.

Meditation

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

- [UNO Counseling Services](#) - online relaxation resources
- [NOLA Mindfulness](#) - sign up for a free online session every week
- [New Orleans Insight](#) - sign up for free online sessions scheduled on Tuesdays: 7:00-8:30 PM and Saturdays 3:00-4:30 PM (donations accepted but not required)
- [Meditate New Orleans](#) - sign up for Guided Group Meditation located at 1333 S. Carrollton Ave. on Thursdays: 6:00 PM and Saturdays: 10:00 AM, \$10
- [Uplift NOLA](#) – sign up for meditation, yoga, and other wellness activities, some are free and others are low cost
- [Calm](#) - free version of the app has resources
- [Headspace](#) - free trial of the app available
- [Liberate Meditation](#) - free app designed for the BIPOC community

Physical Health Care

- [UNO's Ochsner Health Center](#) - provides comprehensive services including, but not limited to:
 - Wellness examinations
 - School and work physical exams
 - Immunizations
 - Routine lab tests
 - Screening and management of sexually transmitted diseases

Monday-Friday, 8:00 AM - 4:30 PM

UNO, University Center, 238

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