NO SUN DEVIL LEFT BEHIND

ASU ENDING LONELINESS AMONG STUDENTS WITH AN EXERCISING GROUP
Start to improving your mental health and physical health with a peer workout
FIND YOUR SOCIAL SUPPORT

Study shows that working out in a group lowers stress levels and increases weight loss. Students are overwhelmed working out alone and this is a factor to their lack of exercise.

This workout group program provided for ASU students is beneficial and is surely a recommendation.