



# UNIVERSITY OF SANTO TOMAS

OFFICE OF THE SECRETARY-GENERAL

UST:SO06-00-CI08

A.Y. 2024-2025

**TO :** THE THOMASIAN COMMUNITY

**FROM :** OFFICE OF THE SECRETARY-GENERAL

**RE :** LAUNCH OF THE INSTITUTIONAL WELLNESS PROGRAM

**DATE :** 16 September 2024

The University, through the UST Health Service, will **launch** the **Institutional Wellness Program for the Thomasian Community** on **20 September 2024 (Friday)** at the **UST Central Seminary Gymnasium** from **7:00 am - 12:00 nn**. Please see *Annex A (Event Poster)* and *Annex B (Program)*.

This program introduces **two (2) key initiatives** that aim to improve the health and well-being of our students; custodial, maintenance, and security personnel; support staff; librarians; guidance counselors; academic staff; administrative and academic officials; and other stakeholders:

**A. "F.E.E.L. Good" Friday – Regular Wellness Day in the University**

- Highlighted on this day are activities that focus on Food and Fitness, Environmental Sustainability, Emotional Well-being, and Living a Balanced Lifestyle.

**B. Wellness Breaks**

- One (1) - minute seated exercises (or alternative exercises), guided by an audio-visual presentation of fitness coaches, will be put into practice daily at 10:15 am and at 3:15 pm.

The aforementioned event will also offer various activities, namely, **Health & Wellness Screening** (i.e., bone mineral density test, nerve screening, hemoglobin & hematocrit level, uric acid determination, Fasting Blood Sugar screening) and **Wellness Fair** (i.e., Health Information Campaign, Product Sampling, and *Tigerobics*). Please see *Annex C (Wellness Activities)*.

The Thomasian Community is highly encouraged to join the upcoming launch and actively participate in the Institutional Wellness Program. For those joining the launch, please fill out the Google form for pre-registration through this [link](#) or scan the QR code at the right.



Let us begin fostering a culture of wellness in the University by creating a habit of healthier lifestyle and empowering ourselves to take responsibility of our well-being with "a healthy mind in a healthy body" (*Mens sana in corpore sano*). Thank you.

FR. LOUIE R. CORONEL, OP  
Secretary-General

