The goal of the Wellness LLC is to promote safe and healthy lifestyle choices through access to information and resources on campus. A broad range of services are offered to students in the community to promote academic and social success. Residents engage in activities involving wellness services and programs resulting in increased knowledge and leadership as well as the development of healthy habits through information and education. Professional staff, graduate assistants and peer mentors assist the development of students living in the community.

**What To Expect**
- Attend nutrition presentations and cooking workshops
- Participate in fitness assessments (both at the beginning and end of the semester), as well as being provided with Fitbits.
- Campus Recreation sponsored events and programs
- Campus resource outings and peer-mentoring

**Did You Know?**
- Through information, awareness, education and application, the residents have improved their daily health choices
- The residents’ satisfaction, performance level and involvement here at Clemson University are above average compared to the rest of their peers, as shown in their 3.5+ cumulative GPA and involvement in activities such as Tiger Band, Fraternity and Sorority Life, honor fraternities, student newspaper, on-campus employment, equestrian team, clubs, service projects and many others
- Clemson University’s commitment to the concern and well-being of students’ health resulted in the founding of a Wellness Living-Learning Community in the fall of 2012. With concern and the well-being of the student in mind, a Wellness Task Force was formed with representatives from a variety of offices across campus, which came together to identify, discuss and address issues that students face during the first-year transition

**Student Perspective**
“The Wellness LLC has challenged me to make better choices regarding my health and has introduced me to a bunch of great people who think the same. My experience here at Clemson wouldn’t be the same without it!”

– McKenzie Betfort, Wellness LLC member, 2014

**Quick Facts**
- Size: 30 students
- Location: Clemson House
- Restrictions: None
- Application: Yes
- Fee: None required

**Contact Information**
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