



**"BUILDING A CULTURE OF WELLNESS AT UC"  
2008 UC LIVING WELL SUMMITT**

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**WELLNESS PRINCIPLES**

- **Wellness is an active process**

Wellness involves positive proactive choices that enhance mental, social and physical health.

- **Wellness is important to UC**

Wellness is important because of it's numerous and well-documented linkages to health and to personal, academic and professional success.

- **Wellness benefits all members of the university community**

Wellness benefits students by increasing retention, decreasing absenteeism, and promoting academic and personal success.

Wellness benefits faculty, staff and retirees by reducing illness, enhancing work environments and optimizing personal and professional performance.

- **The University of California supports a culture of Wellness through developing and supporting:**

- Healthy policies
- Healthy work & academic environments
- Collaboration & participation of all members of the University community
- Healthy personal skills of members of the University community
- Reorientation of services to prevent disease / injury, promote health & encourage wellness

- **The University of California is dedicated to:**

- providing leadership to the state of California in the support of wellness.