

APhA-ASP INNOVATIVE PROGRAMMING AWARD

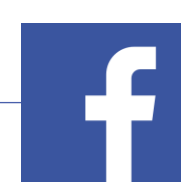
PharmD Fitness



INTRODUCTION

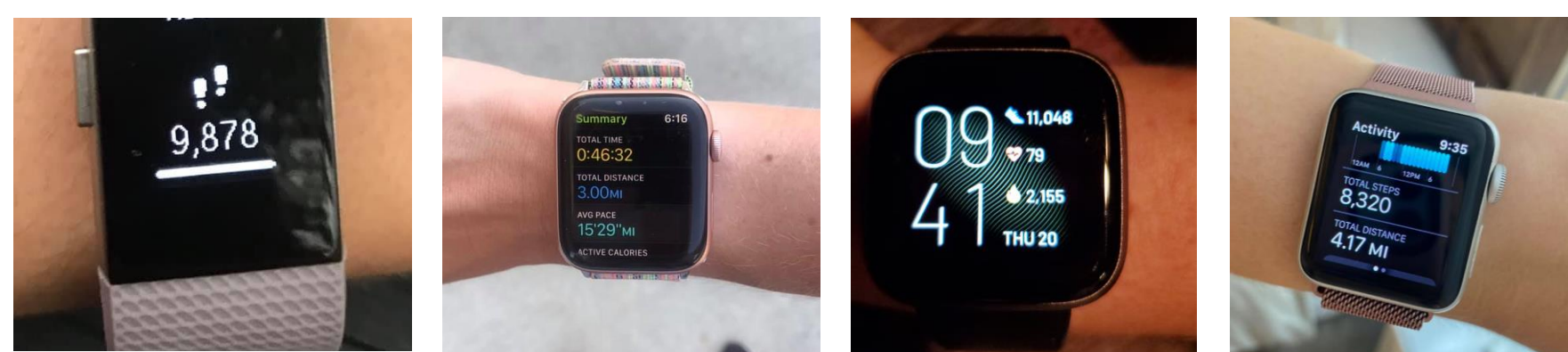
Students across the globe struggled to navigate the COVID-19 pandemic, causing a decline in both mental and physical health. The purpose of the PharmD fitness committee is to help student pharmacists prioritize all aspects of health by increasing and practicing wellness techniques

METHODS



Social Media Fitness Challenge(s)

Student pharmacists and faculty compete to see who has the most steps at the end of each month through monthly "step-challenges"



Charity Miles Monthly Challenges

To encourage students to be more active, we utilized the charity miles app. Every step helps to build a larger donation to a charity of our choosing



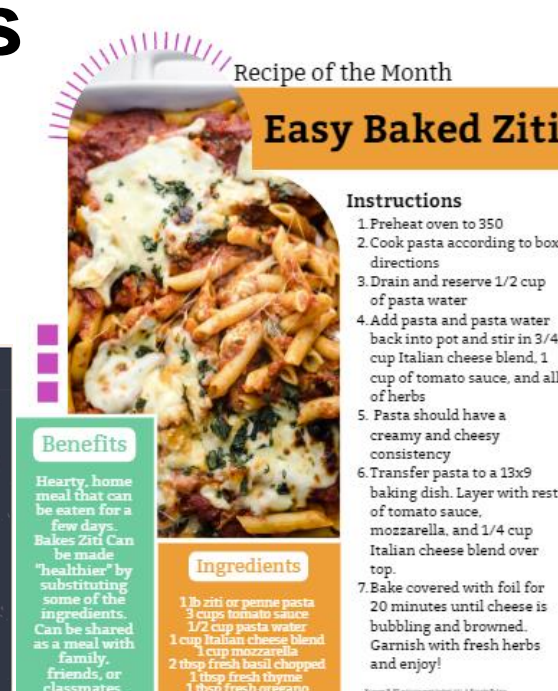
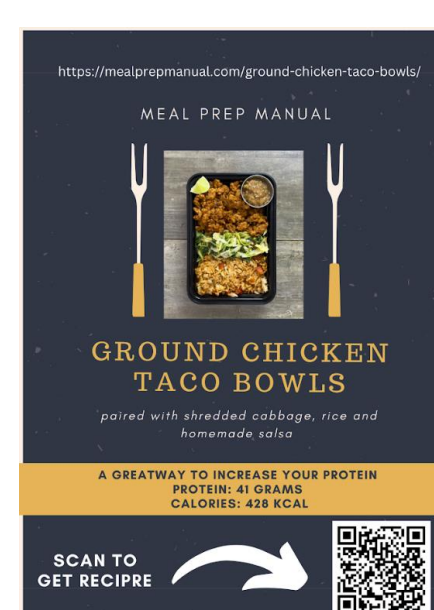
Wellness

We host various guest speakers during chapter meetings to give practical strategies to improve and prioritize mental and physical health



Monthly Healthy Recipes

Student pharmacists are busy and eating healthy is not always the top priority. We utilize our monthly newsletter and social media to share healthy recipes with step-by-step instructions



OUTCOMES

- Pharmacy school can have a significant impact on a student's mental health. It is important to help students prioritize healthy lifestyle choices
- PharmD fitness initiatives help students develop practical skills that fit into the busy life of a student pharmacist
- Academic performance may increase when students practice wellness techniques

TIMELINE



FUTURE DIRECTIONS

In the future, the PharmD Fitness committee plans to incorporate a holistic outlook on health. This will include all aspects of the Campbell University well-being wheel

