

The first wealth is Health!

At the University of Exeter the health and wellbeing of our staff is important to us.

Did you know?

All sports clubs run by FXU are also available to staff.



Worked up a sweat? Don't worry, we have plenty of **showers** located on campus too!

keep Active



The **Fitness Centre** has the latest fitness equipment with a choice of membership payment schemes. These range from Standard pay-as-you-go, Gold gym membership to Platinum all-inclusive gym and classes membership. Facilities include a 45-station fitness suite, a free-weights area, a fitness studio and a variety of regular exercise classes, including Spinning, Kettlebells and circuits and Power Cardio Core alongside Zumba, Pilates and Yoga!



MUGA A floodlit outdoor Multi Use Games Area (MUGA) is available to hire for 5-a-side football, tennis or any other outdoor sporting activities.



Outdoor Gym Equipment There are a number of outdoor gym stations across the campus. Please see the map for locations.



Why not cycle to work? There are a number of cycle racks available across the campus. Don't have a bike? Find out about the Cycle to Work scheme and purchase a bike through salary sacrifice. Find out more at www.exeter.ac.uk/staff/benefits

Gym not YOUR thing?

Check out our one and two mile running and walking routes on campus www.flexsi.org.uk



Visit www.exeter.ac.uk/staff/wellbeing for full details

Don't try to be perfect just try to be better than you were

Take time out

The **multifaith chaplaincy team** offers confidential pastoral care for staff. If you need somebody to talk to, they are independent and provide a listening ear. Be assured you don't need to be at all religious, they are simply there to listen over a cup of tea in Glasney View H.

The Oasis, a quiet room for prayer, meditation, peace and quiet is available for your use next to the chaplaincy office.



Did you know?

The Penryn Campus is set in 100 acres of countryside and has a number of garden walks featuring plants that are now protected and unique to the campus.



Life's a beach... you are only a few minutes away from the beautiful beaches of Falmouth – why not catch the bus, kick off your shoes and get sand between your toes... FXU have an active sea swimming club and there are also a range of clubs and societies provided jointly with local suppliers which are all available to staff.

Book-Lover Heaven!

All University staff can borrow up to 50 books at a time from the main library, all you need is your staff card. Check out the DVDs too!



Fancy watching a play OR listening to some music?

The **Performance Centre** at the heart of the campus is ranked as one of the most sophisticated music, theatre and dance development facilities in Europe. To find out more visit www.theperformancecentre.org/home



Members of the **Staff Association** can purchase books of 10 ticket vouchers for the Performance Centre at a reduced rate of £50, which is a 50% reduction! To find out more visit www.exeter.ac.uk/staffassociation

Eat Well



Healthy food and drink options available on campus

- **Salads:** Koofi, ESI Café, Performance Centre Café, The Stannary
- **Paninis:** Koofi, ESI Café, Performance Centre Café
- **Homemade soups:** ESI Café, Performance Centre Café, The Stannary
- **Jacket potatoes:** The Stannary
- **Smoothies and juices:** Koofi, ESI Café, The Stannary

There's also a shop on campus, located between The Stannary and the Media Centre, which stocks a wide range of products such as snacks, stationery, newspapers and magazines, household goods, mobile top-ups, groceries and fresh products (sandwiches, etc.). There is also a carrier bag and can recycling point.

FOOD VAN



Outside the Sports Hall:
Monday @Home
Tuesday Zest and The Shellfish Pig
Wednesday Truly Crumptious
Thursday Fal Falafel
Friday Bangers with a Twist

connect



Membership is available to University of Exeter staff and Associate Membership available to Falmouth, FXU and FXPlus staff at Penryn, Falmouth and Truro campuses. Benefits include discounts, special interest groups, events and activities. Do you have an idea for a special interest group, social event or suggestion for a local discount? The Staff Association will provide full funding and support – tell us what you want from the Staff Association. Email: staffassociation@exeter.ac.uk For full membership details visit www.exeter.ac.uk/staffassociation

Did you know?

- The University allows departments one paid day in a 12 month period to undertake volunteering in the community? This is known as a Community Challenge. www.exeter.ac.uk/staff/development/manage/team/community
- **FAL MUSSEL CARD**
An innovative new travel card is available to staff at Falmouth University and The University of Exeter Penryn Campus, giving you unlimited travel between the two university campuses in Falmouth and Penryn. That's not all, it also gives hop-on hop-off travel on an integrated network of ferries, buses and trains around Cornwall.

5 steps to wellbeing

LOOK FOR OPPORTUNITIES in Life's Challenges

GO FOR A WALK With a friend

FOCUS MORE ON THE THINGS YOU CAN CONTROL

ASK FOR HELP

GET INVOLVED in A CAUSE YOU BELIEVE in



For full details of health and wellbeing facilities:

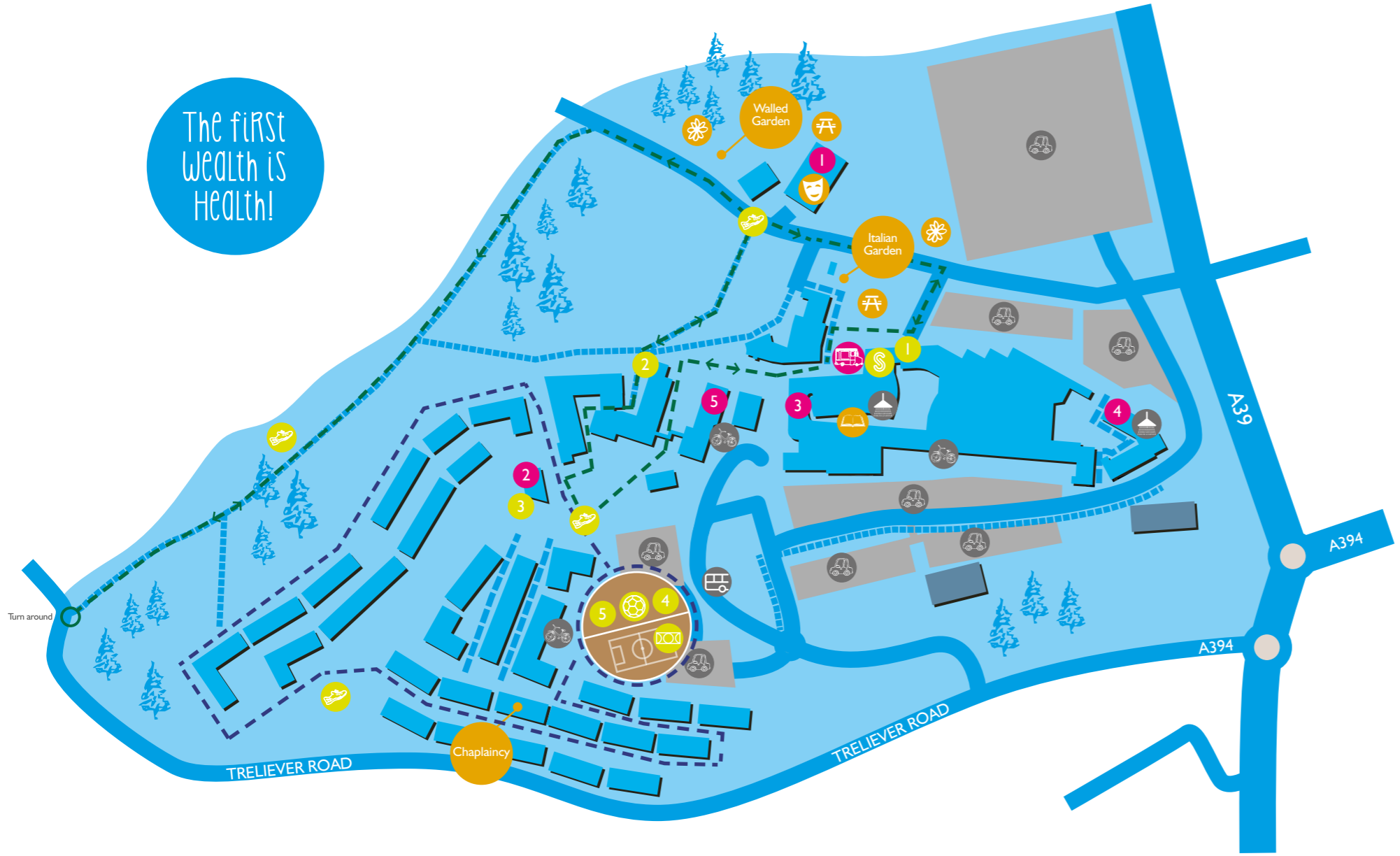
www.exeter.ac.uk/staff/wellbeing

Penryn Campus Wellbeing Map

Penryn Campus Wellbeing Map

EXPLORE YOUR ROUTE TO A HEALTHIER WORK LIFE BALANCE

The first wealth is Health!



- Bus stops
- Bike racks
- Showers
- Parking

Penryn Campus Wellbeing Map

Your route to a healthy work life balance



KEY This map has been created to help you

..keep Active

- The Fitness Centre**
The latest fitness equipment with a choice of membership payment schemes.
- Outdoor Gym Equipment**
There are a number of outdoor gym stations across the campus.
- Multi Use Games Area**
A floodlit outdoor Multi Use Games Area (MUGA) is available to hire for 5-a-side football, tennis or any other outdoor sporting activities.
- Running and Walking Routes**
Blue route for beginners (not including steps), green route for intermediate runners. Book a place for a lunch time run with FLEXSI. Visit: www.flexsi.org.uk
- 1 Side Skier**
- 2 Parallel Bars**
- 3 Side Surfer**
- 4 Push Up and Dip Bars**
- 5 Leg Press**
- Fit Park**
Includes a grassed area for recreational use and outdoor gym equipment.

..Take time out

- Library
- Performance Centre
- Allotments
- Garden and picnic areas

..Eat Well

- Food Van**
Outside the Sports Hall:
Monday @Home
Tuesday Zest and The Shellfish Pig
Wednesday Truly Crumptious
Thursday Fal Falafel
Friday Bangers with a Twist
- Food and Drink outlets**
- 1 Performance Centre Café**
- 2 Koofi Café (Glasney Porters Lodge)**
- 3 The Upper Stannary Bar (Daphne du Maurier building)**
- 4 ESI Café (ESI building)**
- 5 Shop (Reprographics Building)**