



UNIVERSITY OF SOUTH ALABAMA

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JagFit@South **Live. Learn. Feel. Engage. Join the Movement!**

University Family,

We are pleased to announce and support the new JagFit@South Health and Wellness initiative, which is being implemented for all employees at South Alabama's main and Fairhope campuses, USA Health University Hospital, USA Health Children's & Women's Hospital and USA Health Mitchell Cancer Institute.

With the help of the University's Health and Wellness Initiative Committee, we are prioritizing a culture change at South Alabama around health and wellness. The new JagFit@South website will feature health and wellness resources, events, activities and opportunities.

The focus will be on health, exercise, nutrition, emotional wellness and sustainability. The new website also focuses on fun and exciting exercise and wellness challenges and quality giveaways to the employees who join the health and wellness movement and reach specific milestones.

JagFit@South for students will be rolled out next fall. We value health and wellness, and we want the University family focused on healthy lifestyle choices.

We want you to join the movement, because JagFit@South is here!

Sincerely,

President Tony G. Waldrop, Ph.D. Dr. John V. Marymont, M.D. Dr. Julee Waldrop, DNP

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