

Wellness Story of the Month

NICKI OPPENHEIM

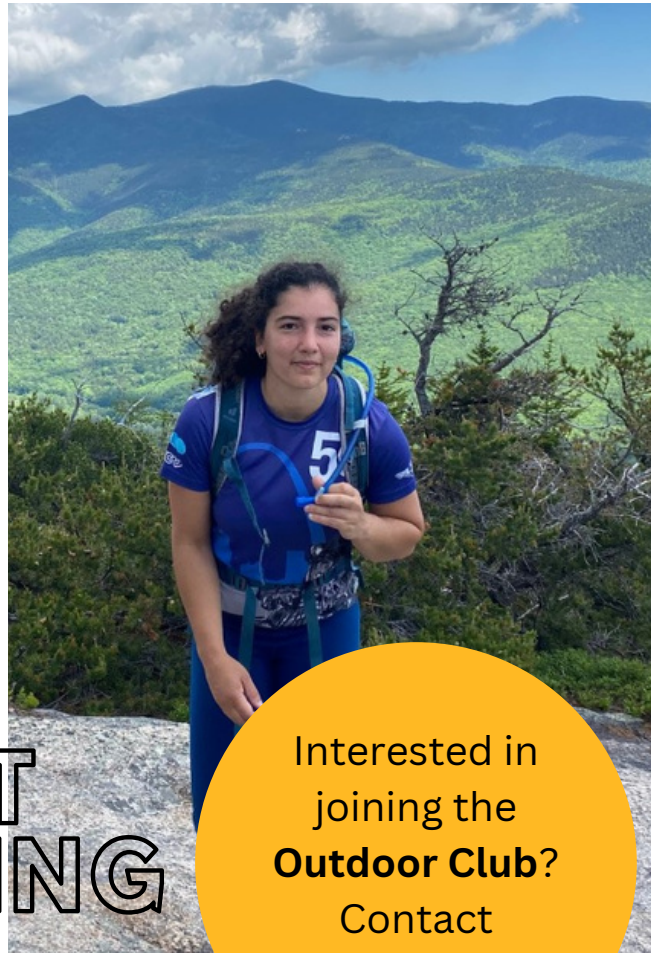


January 2023

Reflections from Nicki, M2

"I use **exercise to relax, socialize, improve my mood, and make my body feel good.** I do climbing, yoga, running, and weightlifting. Joining the Outdoor Club has been great to do what I love and make friends. Having lots of options makes it easier for me to do something active all year round.

After Step 1, I'm climbing in Greece and I can't wait!



Interested in joining the **Outdoor Club?**
Contact
busmooc@bu.edu

GET MOVING

The challenge

Climbing as much as I'd like has been challenging. I know my schedule will get more rigid next year, but **I will continue to make time for the activities that contribute to my wellbeing and be forgiving of myself** on the days when it just doesn't all work out."



Outdoor Club at Blue Hills, Fall 2022

