

Submission Form:

Target Audience	All current medical students (M1s, M2s, M3s, M4s)
Posting Title	Looking to get more active or help others get active?
When	Anytime, both VT and CT campuses
Summary	If you're looking to boost your physical activity or help other LCOM students get active, find out more about Wellness Committee's new initiative: Active Buddies!
Additional Information	<p>Have you been thinking about going to the gym or trying a new sport/physical activity (rock climbing, yoga, tennis, etc.)? Don't know where to begin and looking to learn? Or are you just looking for a buddy who you can go to the gym with or play a sport/engage in physical activity with? You've come to the right place!</p> <p>Are you an avid gym goer or a lover of a sport/physical activity that you would like to teach fellow med students? Or do you simply want to be a reliable pal for those who want a gym/sport/physical activity buddy? You've also come to the right place!</p> <p>Through the Active Buddies program (formerly Gym Buddies), the Wellness Committee wants to connect LCOM students looking to get more active with fellow students who would like to share their love for physical activity! We already have multiple LCOM students signed up and ready to be your pal for a variety of activities (strength training, conditioning, and rock climbing so far)! We're always looking to get more students signed up to serve as buddies for other activities as well, so keep the submissions coming!</p> <p>If you're interested, please fill out this form, and we'll get back to you as soon as possible!</p>
Submitted by	Ankrish Milne, MS3
Posting sponsored by	The Larner College of Medicine Medical Student Wellness Committee

Form: [Student Services - WeeklyWire Post Submission form](#)

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