A small work-out facility is available on the 2nd floor of VTCSOM for students, faculty, and staff. The facility includes bikes, treadmills and a resistance band station. Shower facilities and temporary lockers are available. Students can use this facility at their leisure. All students also receive a membership to three Carilion Wellness Fitness Centers (Roanoke, Downtown Roanoke and Botetourt). More information on this can be found at [http://www.carilionwellness.com/](http://www.carilionwellness.com/)

Additionally, the Roanoke River Greenway and Rivers Edge Athletic Complex are within walking distance of the VTCSOM Campus and provide ample opportunity for outdoor recreation close to campus. Students also receive a Wellness Weekly email newsletter from the Director of Academic Counseling and Enrichment Services on behalf of the Wellness Advocacy Committee each Friday highlighting ways to stay well during medical school.