



How To Be Active During Your Time at University

Find a physical activity that you ACTUALLY enjoy!

- Cardio, flexibility training, strength training, yoga, etc.
 - Maybe even mix it up!
- If you look forward to it, you are less likely to skip it

Schedule it and make it a habit

- Set specific times on your calendar for being active – just as you would for class
- Give yourself time to rest
- Start slow and be patient – results take time
- Use physical activity as a “study break” – you will remember a lot more!

Participate in XREC Intramurals

- Options include hockey, volleyball, basketball, soccer, and more!
- XREC also plans skate nights, fun runs and much more!

Find an activity friend

- Ask a friend to join you for walks or to come with you to the gym, intramurals, skate, dance party, etc.
- Having someone to be active with firms up your commitment and may increase your confidence and motivation to keep going

Make it easy – add physical activity throughout the day

- Take the stairs
- Walk to class
- Invest in a standing desk or an active chair (your back will thank you!)