

Exercise = Less Stress

We've all heard that exercise helps reduce stress. Now the question is what type of exercise does this and how do I get started.

Getting Started

- Start slowly, don't expect to run a marathon next week.
- Pick a time that works for your schedule. This makes it more likely that you will stick with it.
- Get a workout buddy! You can help motivate each other.

How Exercise Reduces Stress

- Exercise releases endorphins which make you feel good.
- Creates a better self esteem.
- Helps boost body image.
- Increases blood flow to the brain for clearer thinking.

How much exercise

- 30 minutes a day, 4-5 days a week will provide health benefits.
- You don't have to go to the gym! Walk down the beach, play tennis with a friend, shoot hoops! Whatever gets you moving!
- Stretch daily.
- 60-90 min a day can help one lose weight.

Types of exercise

- Yoga is a mind-body exercise which combines stretching & controlled breathing.
- Tai Chi is a form of martial arts.
- Walking is just as effective as other methods and does not require you to learn a new skill.
- Workout DVD's are fun, interactive & range from beginner to advanced.
- Weight lifting helps build a lean body.
- Try out one of the many Campus Recreation Group Fitness Classes.
- Join an intramural team or sports club!



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