

Tell us what you think!



PHYSICAL WELL-BEING EASY WAYS TO EXERCISE EVERY DAY

Check out the evidence!

Students can have **busy schedules**, which can make it difficult to fit **exercise** into our daily routine. But, it's important to include **movement** throughout our day because overall it can:



Relieve stress^{5, 12}



Lessen anxiety and depressive symptoms⁸



Improve sleep quality^{9, 10, 13}



Improve memory and cognitive functions^{2, 6}

Not only does physical activity improve our **academic performance**



but it also improves our overall **well-being**.^{3, 14}

If you are interested in improving your well-being beyond just physical activity, check out our **Smart Nutrition** and **Self-care** resources.

View the **Smart Nutrition** resource!

View the **Self-care** resource!

It's important to find what **consistently works for us**.



Here are some tips and life-hacks for being **active** even when we feel crunched for time.

Refresh @ your desk

Losing Focus?



A quick **10-minute** exercise during mentally demanding tasks can enhance our productivity.^{4, 7, 11}



TIP: When studying, we can take **10-minute** breaks to walk outdoors or around our home!



TIP: Hunched over our desks for too long?

We can wake up our bodies by rolling our necks, shrugging our shoulders, straightening our posture, or stretching our arms to the sky.



If we are living in an apartment building or during winter, even **walking** up and down a couple flights of stairs can help.



We can **get out** of the environment we're working in to refresh our brains.

Walk and talk

Have a phone meeting, or want to catch up with a friend?

TIP: We can take the conversation on the go by **walking** while we talk.

With both **body and mind active**, we may be surprised to find we are thinking more **clearly**.



Just **breathing** in some fresh air and getting some **sun** can help us feel ready to work again.

Change your commute

We can try incorporating exercise into our daily commute.

Commuting is something we do every day,



so taking advantage of this time to get some **exercise** can help us use that time more wisely!



TIP: We can **walk** or **bike** to our destination for a quick energy boost, rather than taking a car or public transportation.

TIP: If we take the bus or metro, we can choose to **stand** instead of sitting.



Or get off a couple of stops earlier to **walk** the rest of the way.



We need to do what works for us! If our commute is too long or difficult, we can try a different tip.

Schedule it in



It can be really easy to **procrastinate** exercising when we feel like we have so much to do.



However, we should still keep **exercise** as a **priority** because the benefits outweigh the difficulty.



TIP: We can **schedule** exercise time into our calendar and treat it like it is a class or important meeting.

This will help make it feel like an important part of our weekly routine.



We need to keep our exercise time **flexible**. We can have a **time frame** (e.g., between 1-3pm) that we aim to workout. **Flexibility helps make lasting habits.**¹



TIP: We can schedule in a **back-up day** during the week in case a workout day might be cancelled or something comes up unexpectedly.¹



Start slow

When starting off, it's important to set **realistic goals** for ourselves.

We need to **start slow** and ease into it.

If we set unrealistic goals, then we will be less likely to stick to our routine.



TIP: We can start with **short workouts** (they can be 10-15 minutes). Once we're able to stick to our routine, we can slowly increase our workout time.



FEEDBACK & CONTACT INFORMATION

