



# MOVEMENT

**Exercise is the body's natural medicine.**

**A regular movement routine:**

- **boosts mood**
- **improves sleep**
- **reduces stress**
- **sharpens attention and memory**
- **and more!**

**The WHO & US Department of Health and Human Services recommends that 18-64 year olds aim for 150 minutes of 'Moderate-Intensity' aerobic activity per week. Any activity that increases your heart rate qualifies! If you can talk while moving but cannot easily sing, you are in the moderate intensity range. They also recommend muscle conditioning activities at least 2 days per week for each major muscle group.**

**There are many ways to meet this time goal. You can break up the time into smaller chunks per day, or spurts of time throughout the day. Or simply aim for 2-3 days with a slightly longer time commitment. Whatever works for you.**

**Exercise should be fun! Find ways to move that you enjoy and find a friend or two with similar fitness interests so you have something to do together.**



# Ways to Practice

- 1. Log any movement or fitness activity**
  - 2. Switch up your routine and try something new!**
  - 3. Try a strategy to add steps or movement into your day:**
    - taking a longer route
    - walking instead of driving somewhere
    - standing during classes
    - opting for stairs instead of elevators
    - adding short intervals of fitness throughout the day
    - work out first thing in the morning to get it out of the way
    - walk during lunch or a meeting and listen in on your phone
    - do strength workout while streaming a show
    - do a lap around your residence hall or home every hour
    - take a stretching or dance break
    - work core muscles or other groups while sitting at your desk
    - pair strength groups with daily activities, for example, do push-ups as soon as you wake up, crunches before lunch, and planks before bed.
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