THE WORLD OF EXERCISE

The Power of Regular Physical Activity

- Strengthens your heart & lungs
- Reduces stress
- Increases energy levels
- Decreases risk of many chronic diseases
- Helps achieve & maintain a healthy weight

Start forming healthy habits early by exercising during University!

Fuel Up!

- A pre-workout snack should include carbohydrates to fuel your muscles & provide energy (try a banana sliced on toast)
- Avoid simple sugars in foods like candy & chocolate. They make blood sugar spike & then drop

Drink Up!

- Drink water throughout the day
- Sip on water before, during & after exercising

Recovery Time

- After vigorous exercise have a snack or meal that includes:
  - Carbohydrates to replenish energy stores
  - Protein to repair damaged muscle fibres
  - Try a banana & peanut butter, or pasta with veggies & chicken or tofu

Get Fit on Campus!

- Go for a swim in the Athletic Centre
- Go for a hike in the Arboretum with a friend
- Attend a fitness class
- Rock climb in the Athletic Centre

Getting Into Exercise?

Want to incorporate physical activity into your daily life?

- Try a variety of activities until you find one you like
- Make it a routine! Pick a time that works with your schedule & stick with it
- Consider walking or biking instead of taking the bus
- Join a team or grab a friend & make it social

Aim for 150 min/week of physical activity per week. Break it up into small chunks every day!